



THE TIMES OF INDIA

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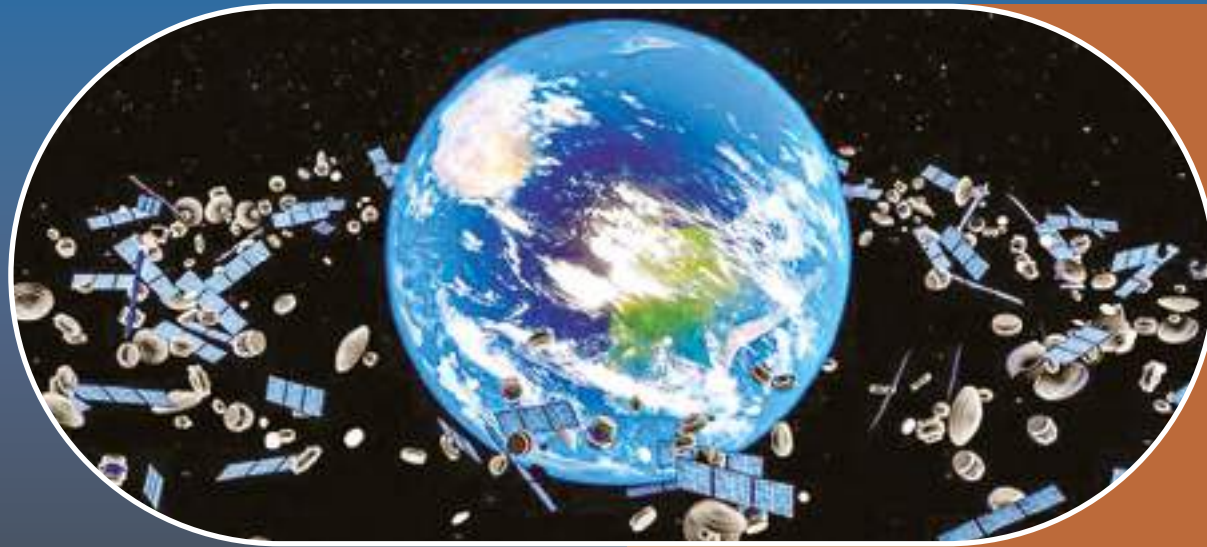
STUDENT EDITION

FRIDAY, AUGUST 7, 2020



WEB EDITION

Scientists find way to track SPACE JUNK in daylight



Scientists have discovered a way to detect the space debris even in daylight hours, potentially helping satellites to avoid the ever-growing cloud of junk orbiting the planet. According to scientists, the debris can now be detected from the ground, using lasers. Until now, this method only worked for a few hours around twilight, when the detection station on the Earth is in the dark, and the debris still illuminated by the sun. The researchers extended the window in which the space junk is visible, using a combination of a telescopic detector and filter to increase the contrast of objects as they appear against the sky during the day. They also developed a real-time target detection software system that predicts when certain objects could be observable. Overall, the new technique could increase the observation time of the space junk from the Earth—from six to 22 hours a day.

SPACE JUNK: Space debris, also called as space junk, is an artificial material that orbits the Earth as unfunctional objects



THE SIZE: Defunct rockets, satellites and spacecraft parts continue to orbit the Earth after they are discarded. So, these materials can be as large as a discarded rocketstage or as small as a microscopic chip of paint. Much of the debris is in the low Earth orbit, within 2,000 km of the Earth's surface; however, some debris can be found in the geostationary orbit, 35,786 km above the Equator

Till date, the United States Space Surveillance Network has tracked more than 14,000 pieces of space debris, larger than 10 cm across. It is estimated that there are about 200,000 pieces between 1 and 10 cm across, and that there could be millions of pieces smaller than 1 cm

POTENTIAL HAZARD

➤ Because of the high speeds at which the objects orbit the Earth, a collision with even a small piece of space debris can damage a spacecraft, warn experts

➤ The amount of debris in space threatens both crewed and uncrewed spaceflight. **The risk of a catastrophic collision of a space shuttle with a piece of space debris is 1 in 300.**

➤ On July 24, 1996, the first collision between an operational satellite and a piece of space debris took place, when a fragment from

the upper stage of a European Ariane rocket collided with Cerise, a French microsatellite. Cerise was damaged but continued to function

➤ The first collision that destroyed an operational satellite happened on February 10, 2009, when Iridium 33, a communications satellite owned by the American company, Motorola, collided with Cosmos 2251, an inactive Russian military communications satellite, about 760 km above northern Siberia, shattering both the satellites

WHAT IS KESSLER SYNDROME?

➤ Donald Kessler, a NASA scientist, has theorised that the continuous collisions of man-made objects in the space will potentially destroy the telecommunications and keep humanity trapped on the Earth. His prediction is famously referred to as the Kessler syndrome



DID YOU KNOW?

A piece of space debris can reach the speeds of 6.9 to 8 kilometres per second. That's nearly 7 times faster than a bullet, and just about the equivalent of being hit by a bowling ball moving at 482 km per hour. According to the National Oceanic and Atmospheric Administration, around 200 - 400 space debris enter the Earth's atmosphere every year

Quote unquote

Now, we face a generational catastrophe that could waste untold human potential, undermine decades of progress, and exacerbate entrenched inequalities. Once local transmission of Covid-19 is under control, getting students back to schools and learning institutions as safely as possible must be a top priority. Consultation with parents, carers, teachers and young people is fundamental
ANTONIO GUTERRES, secretary general, UN

BOOK LAUNCH



ROWLEY JEFFERSON'S AWESOME FRIENDLY ADVENTURE

From #1 New York Times bestselling author - Jeff Kinney, comes an entirely new, awesome, friendly, and truly fantastic fantasy quest, 'Rowley Jefferson's Awesome Friendly Adventure'; the second novel in his series of 'Diary of an Awesome Friendly Kid'. Published by Puffin Books, this epic adventure has evolved from the imagination of Wimpy Kid's Rowley Jefferson, and is bound to take all the readers on an escapade like never before!



UNEARTHED: THE ENVIRONMENTAL HISTORY OF INDEPENDENT INDIA

BY MEGHAA GUPTA

'Unearthed' is the first-ever chronological narrative that traces the environmental impact of the key historical events and the environmental events that made history - from the Green Revolution to Bhopal gas tragedy, from Chennai's water crisis to smog in Delhi, from clean energy to waste in space. It is replete with little-known facts, trivia boxes, infographics, black and white illustrations and profiles of people working in this field, all of which complements this easy-to-read, comprehensive book to follow and broaden the EVS and general syllabus taught in schools.



EDUCATION

NCERT to work on new National Curriculum Framework post NEP 2020

The new National Education Policy (NEP) 2020 comes after a gap of 34 years. It will replace the previous policy, formulated in 1986. The policy recommendations will be implemented in phases. The restructuring will also see a revision in the syllabus and content, as the National Council of Educational Research and Training (NCERT) will soon work on the new National Curriculum Framework (NCF). "The MHRD will now appoint a steering committee that will work on the new NCF in line with the latest policy. The committee will prepare two frameworks - Early Childhood Learning and Development Framework and School Education Framework, says Hrushikesh Senapaty, director, NCERT.



➤ The NCF will focus on the pedagogy for the holistic development of students to equip them "with the key 21st century skills", says Senapaty. There will be reduction in the curricular content to enhance their essential learning and critical thinking, and greater focus will be on experiential learning. Students will have increased flexibility and choice of subjects, as there will be no rigid separation between arts and sciences, between curricular and extracurricular activities, between vocational and academic streams, he adds ➤ The framework that is expected to be out within the next seven months, will define the learning outcomes and the corresponding syllabus that ensures continuous learning and assessment. "With the introduction of vocational courses, such as coding from class VI onwards, new content will also be integrated," he states.

ALWAYS WANTED TO BE AN IAS OFFICER: CS WOMAN TOPPER

IRS officer Pratibha Verma, who topped among the women candidates in the prestigious civil services exam, has attributed her success to **hardwork and determination to stick to a schedule**, despite being unwell for some time. Youngest among the three siblings, Verma ranked third in the exam. She got 489th rank in the civil services exam last year. Verma, who did her B.Tech from IIT-Delhi, and is an officer of Indian Revenue Service (Income Tax), said, she always wanted to become an IAS officer, since her childhood.



GET INSPIRED

Imbibe two key elements - set a target and work with dedication to achieve it
—PRATIBHA VERMA, IAS



MARK RUFFALO SHARES A PICTURE COVERING HIS FACE WITH A HANDKERCHIEF TO RAISE COVID-19 AWARENESS

With the rise in Covid-19 cases in the world, American actor-producer, Mark Ruffalo has urged the people to wear masks. The actor also said that he wears a mask because he cares about the other people around him. The 52-year-old star posted a monochromatic picture of himself on Instagram, wherein he is seen with his face covered with a white handkerchief. It shielded his nose and mouth as he looks into the camera.

FOR A CAUSE

NEWS IN BRIEF

CLICK HERE FOR MORE

EOIN MORGAN MOVES PAST MS DHONI TO RECORD MOST SIXES AS CAPTAIN

England's captain Eoin Morgan has broken the record for the most sixes in international cricket as



IN THE RECORD BOOK

a captain. Morgan hit his **212th six in international cricket** in the 3rd ODI against Ireland in Southampton.

➤ Morgan went past MS Dhoni's tally of 211 sixes. The England captain needed only 163 matches to get past Dhoni's tally. The former India captain had taken 332 international matches for 211 sixes. ➤ Ricky Ponting is at the 3rd spot on the list of captains with most international sixes - 171 in 324 matches

West Indies great Chris Gayle holds the record for most sixes in an international career

TOP FOODS FOR KIDS' EYE HEALTH

The pandemic-induced lockdown, restricted outings has led to more screen time for the children, with online classes and leisure time being spent on playing video games, web games, etc. This situation has led to dry eyes and other eye health-related problems in kids. To keep your eyes healthy, include these foods in your daily diet.



HEALTH

CHEESE AND EGGS: Both eggs and cheese are rich in Vitamin A, which means good eye health. Egg yolk is rich in lutein, again good for the eyes. So, have omelette, half-fried or sunny side up, and ask your parents to add some cheese on top.

FISH WITH CHIPS: Fish varieties, such as salmon and sardines, are a great source of omega 3 fatty acids. This snack combo is also delicious and fun for those evenings, when you want to munch something, while watching TV.

CHOCOLATE AND ALMONDS: Add a punch of nutrition to chocolates by pairing it with few almonds - it's rich in Vitamin E, and makes for a healthy midday snack

SEASONAL VEGGIES: Vegetables are rich in nutrients, such as vitamin A, Vitamin C and Vitamin K - all of these are good for the health of your eyes.

On 'Mughal-e-Azam's' 60th anniversary, film's screenplay enters OSCARS LIBRARY

Bollywood classic, 'Mughal-e-Azam' celebrated its 60th anniversary as director K Asif's son Akbar Asif presented the screenplay of the film to the Oscars library in Hollywood.

ENTERTAINMENT

Akbar Asif, the UK-based son of the late director, said, he presented the screenplay to the Academy Awards to mark the anniversary of his father's historical epic, starring Prithviraj Kapoor, Dilip Kumar and Madhubala.



DID YOU KNOW?

Filmmakers can submit their films to the Oscars library by filling up a form. However, movies released in Los Angeles are automatically invited to be a part of the library

✧ Three versions of the legendary screenplay - in Hindi, Roman and English - are now available at the Margaret Herrick Library, a world-renowned reference and research collection of the Academy, devoted to the history and development of the motion picture as an art form and an industry

✧ The screenplay of the film, which hit the screens in India on August 5, 1960, was crafted by a team comprising Aman, Kamal Amrohi, Wajahat Mirza, Ehsan Rizvi and director K Asif

✧ 'Mughal-e-Azam' went on to break every box office record, and is still considered as one of the highest-grossing Bollywood films of all time ✧ In 2004, the film became the first full-length Indian feature film colourised for a theatrical re-release ✧ In 2013, to mark the 100th anniversary of the Indian cinema, it was declared as the greatest Bollywood film ever made ✧ In 2016, in a historic moment, a live musical, based on the film was staged by one of the biggest theatre productions



Snacks in Lockdown...

... what, when, how much



Lockdown is hard work. And constant snack demands, on top of homeschooling, working and housework can tip even the calmest parent over the edge! So, here is a ready reckoner to help you with munching and how to go about it...

WHAT'S THE DIFFERENCE BETWEEN STRUCTURED SNACKS AND 'GRAZING'? WHICH IS BETTER

	STRUCTURED SNACKS	GRAZING
WHEN	At predictable times between meals. Probably morning, afternoon and maybe bedtime. Not too close to mealtimes.	ALL the time. Can be right before a meal is due or straight after a meal.
WHERE	Mostly at the table.	In the kitchen, the sitting room, the car, the playroom, walking around the house, garden, bedroom, directly from the cupboard.
WHAT	Varied mini-meals with 2-3 foods of YOUR choice. This fills gaps in your child's nutrition and exposes them to new foods and foods they don't like yet.	Usually favourite foods and easy snack options that kids love. Lots of half-eaten and discarded food!
HELPFUL STRATEGY	YES	NOT REALLY



WHY ARE SNACKS IMPORTANT FOR YOUR CHILD?

1. Young kids have small tummies, so eating little and often makes sense.
2. They need a wide range of nutrients during the day. The more meals they have, the higher the chance they get what they need.
3. Regular snacks provide security, predictability and structure. And kids thrive on this.



HOW CAN SNACKS HELP YOU?

1. They stop you freaking out if your child skips a meal.
2. They offer you more chances to provide variety.
3. They save your sanity because you get to clock off from kitchen duty.
4. They help you stay in charge of 'what' foods are offered.
5. They add structure to your day too.

A SNACK STRATEGY

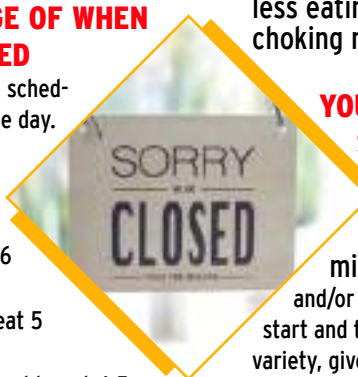
Having a clear strategy about snacking in your house will help you encourage positive eating habits and save your sanity. Believe me, you need this!

YOU ARE IN CHARGE OF WHEN SNACKS ARE SERVED

Try to set up a predictable schedule (but flexible) during the day.

AS A GENERAL RULE OF THUMB:

- Toddlers need to eat 5-6 times per day.
- Pre-schoolers need to eat 5 times a day.
- School-aged children need to eat 4-5 times per day.
- In between those times, the kitchen is closed! Put a sign on the door!



YOU ARE IN CHARGE OF WHERE SNACKS ARE SERVED

The best place to have snacks is at the kitchen table (if you have one) or in the kitchen somewhere. Picnics or eating outside is fine too. But it's not as helpful to eat in front of the TV, while playing or in the car. As well as being messy, it encourages mindless eating, and for younger children, it's a choking risk.



YOU ARE IN CHARGE OF WHAT SNACKS ARE SERVED

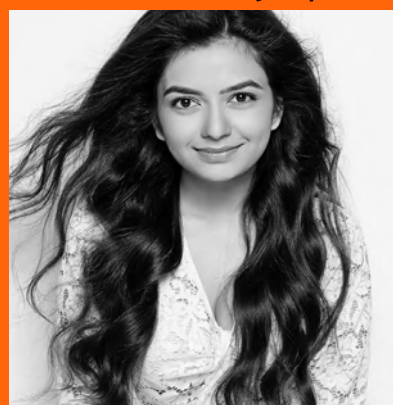
Try to break down the distinction between 'snack' foods and 'meal' foods'. Try to think of snacks as mini-meals instead! Including a fruit and/or vegetable is always always a good place to start and then add at least one other food. This offers variety, gives a more filling snack and takes the pressure off mealtimes because you are serving nutritious foods throughout the day and not reserving them for 'big meals'.

Credit: Solidstart.ie

PAPA KEHTE HAIN

"My father shot the film"

My parents agree that the subject of depression needs to be addressed urgently



Mudra Joshi

a literature student at Mithibai College(Mumbai) made a huge impression with her performance in the short film 'The D Word'. She shares her experience and journey ahead with Ragini Bharadwaj

Lockdown authors (Part-2)

In Part-2 of the series meet young authors from Mumbai and Bengaluru who realised their dream of writing and publishing a book when the world shut down due to Covid-19. If they can, so can you! Start penning down your thoughts



Keshav Mohta
class VIII, Dhirubhai Ambani International School, Mumbai. Author of 'Amigos in Space'

FriendSHIP

My book asks whether friendships can survive intergalactic travel: Living on Mars and travelling to Saturn for lunch? Or holidaying on one of Jupiter's moons? This potential reality is being played out in the year 2065, where interplanetary travel and habitation are common.

MY READERS SHOULD THINK ABOUT: That friends are some of the most important people in life and without them it can get lonely.

MY FAVOURITE AUTHOR IS: Alan Gratz, who wrote 'Refugee'. He creates amazing plot twists.

Interviewed for NIE by Abhirup Tapadar, class IX, Marble Arch School, Mumbai

Read more: <https://tinyurl.com/y2uueet>

Kalyani Kumawat,
class XII, Treamis International School, Bengaluru. Author of 'Chaos in the Silence'



My advice

Don't try to copy anyone, don't be afraid to write new things, challenge yourself, step out of your comfort zone occasionally, and most importantly, write for yourself, and not to please others. Read more: <https://tinyurl.com/yxkcty4e>

One day I chose to be happy!

My book is a compilation of poems. It is a representation of my thoughts and a call to all teenagers who may be feeling the same as me. Through poems and illustrations, I share the highs and lows of being a teenager, someone who seems to be in a sort of limbo between being mature and independent and being carefree and impulsive.

THERE IS NO MESSAGE: Through my poems I say that it's okay to feel like your world is ending, that you are never going to be happy again; it's okay to feel sad and it's okay to have no confidence in yourself.

THE SENTENCE I AM MOST PROUD OF: "One day, I chose to be happy" in my poem 'Sunflowers.' This sentence lies very close to my heart. It shows how one small choice can change the course of your life.

Have you written something during the lockdown period and got it published? Let us know at timesnie175@gmail.com and we will have you featured in this space! Keep writing, keep engaging...

CALLING ALL

MOMMY PAPA WRITERS

We understand that you are going through a myriad emotions during this lockdown. We know things are tough at your end. And we know you have a lot to write about too!

Come, share with us

- Write about your parenting journey
- Share tips on parenting during lockdown for others to follow
- Simply pen down your musings
- We will be happy to feature a column dedicated to YOU - the parents

Send us your articles etc at timesnie175@gmail.com



Quiz time

CURRENT AFFAIRS

Q.1) What is the name of India's 2nd mission to land on Moon?

- A. Chandrayaan 1
B. Chandrayaan 3
C. Gaganyaan D. Chandrayaan 2

Q.2) Researchers of which institute have designed a paper-based sensor to detect the quality of milk?

- A. IIT Guwahati B. IIT Bombay
C. IIT Kharagpur D. IIT Kanpur

Q.3) Which of the following

bagged the Golden Leaf Award 2019?

- A. Bash Tea Vietnam
B. Wan Ling Tea House Australia
C. Tobacco Board of India
D. Greendale Marketing



The Indian Space Research Organisation (ISRO) announced its intention to send a second mission to soft-land on the Moon planned for November 2020 dubbed as Chandrayaan 3 mission.

ANSWERS

1. D) Chandrayaan 2, 2. A) IIT Guwahati, 3. C) Tobacco Board of India



KNOWLEDGE BANK

CARBON CAPTURE AND STORAGE (CCS)

It is the process of capturing waste carbon dioxide (CO2) usually from large sources, such as huge plants and factories, transporting it to a storage site and depositing it where it will not enter the atmosphere, normally an underground geological formation. It aims to prevent the release of large quantities of CO2 into the atmosphere from heavy industry. It is a potential mean to mitigate the contribution of CO2 emissions from industry and heating towards global warming and ocean acidification.



CHECK YOUR APTITUDE

1) The sum of all even natural numbers between 1 and 31 is:
A. 833
B. 232
C. 240

2) The difference between the place value and the face value of 6 in the numeral

856973 is ____.
A. 5994
B. 1194
C. 5435
D. 5678

3) If a and b are odd numbers, then which of the following is even

A. a + b
B. a + b + 1
C. ab
D. a/b

4) Which one of the following numbers is completely divisible by 99?

A. 114345
B. 123545
C. 114444
D. 345745

ANSWER:
1. 240
2. 5994
3. a + b
4. 114345

Q Did your parents support you as an actor for this short film with an unconventional subject?

My parents are quite supportive of all my endeavours and they are actors themselves. They both agreed that this subject needs to be addressed. In fact, my father shot this film at our place!

Q Who inspires you in Bollywood/Hollywood and why?

I admire Imtiaz Ali sir and his craft! The emotional depth of his scenes fascinates me. Take, for example, the scene from 'Highway', where Veera talks about her abuse. 'Jab We Met' is my all-time go-to film.

Q Share about previous roles you have enacted. Do you plan a career in the field of acting?

I have enacted in a Gujarati film called 'Monalisa', which dealt with the mental deterioration of a child due to troubled marriage. I received an award from the Gujarat Government for the same. I have also worked in an advertising film on menopause awareness. Before the lockdown, I was a part of a play called 'Jaanta Ajaanta', which tackled cybercrime and its effects on human relationships.



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STUDENT EDITION

THURSDAY, AUGUST 6, 2020



WEB EDITION

SPLASHDOWN LANDING

WHAT The NASA and SpaceX's joint endeavour – the Crew Dragon, returned to the Earth on August 2, 2020 via a splashdown at sea

HOW The astronauts, Robert Behnken (Bob) and Douglas Hurley (Doug), made a splashdown landing in the Gulf of Mexico. Splashdown is a method of landing a spacecraft by parachute in a water body



WHY IS IT SIGNIFICANT

1 Previous NASA space vehicles have returned to the Earth via airstrip landing, this was the first splashdown at the sea in 45 years

2 The return trip is an important part of the Crew Dragon's first flight

3 After the launch, the re-entry through the Earth's atmosphere is the second most dangerous phase of a spaceflight. The friction of air rushing past, heats the bottom of the capsule to about 3,500 degrees Fahrenheit

4 A successful conclusion to the trip opens the door to more people flying to space. Some companies have already announced plans to use Crew Dragons to lift wealthy tourists to space



DID YOU KNOW? Earlier, the NASA space vehicle launches would culminate into landing at the Space Shuttle Landing Facility (SLF) at Cape Canaveral Spaceport. The space coast site has a 15,000-foot runway, a veteran of more than 130 Space Shuttle landings



YOUR CAREER GUIDE

Want to become an ISRO astronaut? Here's what is required

- One of the most important factors to become an astronaut is how well you are versed with the subject of astrophysics and other fields of sciences related to space
- If you have a bachelor's degree, you can appear for an entrance exam, which is held by the NASA and ISRO

- You should be at least 21 years of age, while applying
- To be an astronaut, the eyesight of 6 by 6 is not enough. Your near and far vision must be 20 by 20 for each eye
- The height requirement varies from aeronautical administrations to administrations, though an average height required is from 5'2" to 6'2"

(Source: ISRO, NASA)

Is it safer to land on water than on land?

A spacecraft can return to the Earth safely in either environment. During the 1960s and 1970s, NASA's Mercury, Gemini and Apollo capsules all splashed down in the ocean, while Soviet capsules

ended their trips on land. Russia's current Soyuz capsules continue to make ground landings, as do China's astronaut-carrying Shenzhou capsules. The last water landing by NASA astronauts occurred in July 1975 at the end of the Apollo-Soyuz mission

What do astronauts experience during a water landing?

Returning from the free-fall environment of the space orbit to the normal forces of gravity on the Earth is often disorienting for the astronauts. A water landing adds the possibility of sea-sickness.

THIS DAY THAT YEAR AUG 6



1926: Gertrude Ederle from New York, at the age of 19, became the first woman to swim the English Channel, breaking the men's record by nearly two hours

1945: The United States dropped an atomic bomb on Hiroshima, Japan—the blast killed more than 70,000 people and destroyed most of the city—in an effort to hasten the end of the World War II

1962: After 300 years of the British rule, Jamaica became an independent country within the Commonwealth of Nations.

1990: The UN Security Council imposed economic sanctions on Iraq, ruled by Saddam Hussein, for its invasion of Kuwait, four days earlier.

2012: NASA's robotic vehicle Curiosity (also called Mars Science Laboratory) landed on Mars, and soon began transmitting images of the planet's surface

(Source: Britannica.com)

NEWS IN BRIEF

CLICK HERE FOR MORE

IIT, KGP researchers awarded for generating power from wet clothes

A group of researchers from IIT, Kharagpur has been conferred the 'Gandhian Young Technological Innovation Awards 2020' for developing a mechanism for generating electricity from wet clothes left under the sunlight to dry, a spokesperson of the institute said. Another team from the institute was separately granted the same award for addressing the problem of energy conservation and thermal management in wearable and flexible electronic devices.

INNOVATION



- The device has been tested in a remote village, where around 50 wet clothes were left for drying by the washer men. These clothes were connected to a commercial super capacitor, which discharged electricity of around 10 volt. This stored energy is enough to glow a white LED bulb for more than an hour
- "The clothes we wear are made from cellulose-based textile, which has a network of nano-channels. Ions in saline water can move through this interlace fibrous nano-scale network by capillary action, inducing an electric potential in the process," explained the researchers from the department of mechanical engineering

Wait over, finally! Modi lays the first brick of Ram Mandir

PM Narendra Modi laid the foundation stone of the much-awaited Ram Mandir in Ayodhya on Wednesday



THE PROPOSED TEMPLE

- The temple will be 161-foot-tall, and almost double the size of what was originally planned, according to its architect.
- The design was modified after the SC verdict in November on the 2.77 acre site claimed by both Hindus and Muslims, where the 16th century Babri mosque stood. The SC said the site would be handed over for a Ram temple and an alternative five-acre site would be given to Muslims.
- Architect Chandrakant Sompura, who comes from a family of temple architects, was asked around 30 years ago to design the Ram temple. (PTI)

Ram Mandir will become the modern symbol of our traditions. It'll become a symbol of our devotion, our national sentiment. This temple will also symbolise the power of the collective resolution of crores of people. It will keep inspiring the future generations

NARENDRA MODI, Prime Minister

Students tie rakhis on trees with 'Save Environment' messages

Students in Moradabad celebrated Rakshabandhan in a unique way by tying rakhis on trees with messages like 'Save Environment' and 'Save Trees, Save Life'.

This was done by the students in an attempt to raise awareness about the environment. Shilpi Saini, a student said, "Taking this opportunity to spread awareness about the environment, we are tying rakhi on the trees. With the messages, 'Save Environment' and 'Save Trees, Save Life,' we want to tell everyone about the benefits of the trees for the mankind." "With the rise in population, the trees are being chopped down. It is our responsibility to protect these trees; it helps our environment," said another student, Pushpanjali Singh



ENVIRONMENT

Huge explosion rocks Beirut



A massive explosion rocked downtown Beirut on Tuesday, flattening much of the port, damaging buildings and blowing out windows and doors as a giant mushroom cloud rose above the capital. The cause of the blast was not immediately known. It was shocking even for a city that has been shaken by civil war, suicide bombings and bombardment by Israel.

BESTSELLERS ON NYT LIST

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



WONDER by R J Palacio. A boy with a facial deformity starts a school



DIARY OF AN AWESOME FRIENDLY KID by Jeff Kinney. Greg's best friend Rowley Jefferson writes his own diary



WINGS OF FIRE: LEGENDS: DRAGONSLAYER, by Tui T Sutherland. Ivy, Leaf and Wren fight for the survival of the human race against the dragons



A TALE OF MAGIC..., by Chris Colfer. In a world, where magic is outlawed and women are forbidden to read, Brystal Evergreen defies the odds



AVATAR, THE LAST AIRBENDER: THE SHADOW OF KYOSHI by FC Yee. Kyoshi must stop a mysterious threat that emerges from the Spirit World



HAWK by James Patterson. Ten years after Maximum Ride, a new hero emerges in a post-apocalyptic New York City



CHAIN OF GOLD by Cassandra Clare. Cordelia battles demons in a quarantined London, unlike things, she's encountered before



CLAP WHEN YOU LAND by Elizabeth Acevedo. Unknown to each other, two sisters meet, when their father dies in a plane crash



DPS ka Baazigar Season VIII

Delhi Public School-Bopal started July 25 with a voracious display of business acumen and group dynamics in their Intra School Event DPS Ka Baazigar. DPS – Bopal (Commerce Department) hosted the event, for the first time on a virtual platform. Students of all streams proved themselves as mavericks of commerce by sparring for the coveted title of 'DPS Ka Baazigar'.

The programme commenced with invoking the blessings of the Almighty which was followed by an inspiring keynote by Surender. P. Sachdeva, Principal, DPS-Bopal. The event moved on to a brief recapitulation of Baazigar conducted in the yesteryears by the Academic Co-ordinator of Commerce- Anita Jacob. The presentation, of each team, was thoroughly examined by the judges, Santosh Patnaik, Assistant Man-



aging Director of Reserve Bank of India, Bhuvanesh-

war, and Pushpaj Kashyap from the Defence Services.

The programme inculcated - within - budding entrepreneurs of India - the vision of Prime Minister "Atmanirbhar Bharat" and to aspire for his Magic Mantra 'Be Vocal For Local'.

The event then proceeded to TED TALK. Each speaker chose to present the topic in an interesting way by either sharing a snippet of conversation or an anecdote.

After an intellectual bout of business plan presentation, discussion, and innovation, Srijan Mishra was judged as the Best Speaker for 'TED TALK, Team 'DENT CLEAN PVT LTD' won the Best Business Plan Presentation, Team 'MELA' won the category for Best Innovative Idea and Team 'DENT CLEAN PVT LTD' was declared as DPS ka Baazigar.

Concluding with the vote of thanks, the two-hour-long event left everyone with a fair share of knowledge and broadened horizons.

ODE TO THE PEN

I Care for U,



I am my father's son, And my mother's pet,
My Grandad's delight, And my Grannie's mate.
It's my Sister who is rude! She pull's my hair,
And fights with me... And plays pranks, And blames it on me.
O...What do I do with her? She older and stronger than me.
She is wiser, sometimes smarter, And she makes me angry!
And yet, when I am down, When 'this lockdown' gets to me
She cries with me as well, And I know, She - loves me!
I will care for YOU, I will stand By YOU
Forever.....

Ujaan Ghosh, Class V, Zydus School For Excellence, A'bad

"Practicing sample papers made me perfect"

Owaish Pattani, a class XII student of Aga Khan School, Mundra, scored 94.4% in his board exams. He shares his success mantra ...



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

My family and friends ensured positivity around me which worked wonders in uncertain times of COVID -19. I motivated myself by making the best of the extra time I got for preparation.

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

I prepared a timetable 2 months before my board exams and followed it to the core. I was regular in my studies. I never counted my hours and studied when I was in a fresh mood and this ensured 100 percent focus.

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

My key challenges were

to complete paper half an hour before, with good handwriting, and to solve difficult questions in limited time. I tackled them by solving more and more sample papers so that my speed increased and my handwriting improved. I solved many challenging questions.

Q How did you deal with pressure to perform?

When you see expectations of people around you, the pressure to perform increases and I dealt with it by reading positive and motivational books.

Q How did you balance academics with other activities?

I balanced academics and activities by giving importance to that thing which is more important at that particular time.

Q What would you like to tell your future aspirants?

I would like to tell my future aspirants that you can achieve anything if you work hard if you have your teacher's support and your parent's blessings.

LOCKDOWN DIARY

Ask yourself as we re-design our lives

(A) ADAPTING TO ACTIVITIES:

What activities are you doing - structured or unstructured? What specific role you play (teacher, student, listener, learner, etc) or you are simply a participant?

(E) EFFICIENCY IN THE NEW ENVIRONMENT:

It is said our environment and surroundings affect our emotional state. A positive and happy surrounding/environment can make your work done more efficiently.

(I) INCLUSIVITY AND INTERACTIONS:

Establishing ground rules for Inclusivity and interactions in the classroom. Listen - Follow rules - Work Quietly and Respect another learner

(O) OPPORTUNITY AND OUTCOME:

Every crisis brings with it an opportunity. It lies

AEIOU

within us how we use our core capabilities in achieving it.

(U) UNIVERSALISM AND USERS: Remember, we all are in the same boat in the current situation. Our behaviour and conduct should be accordingly. Understanding on a mutual basis is a must for a positive classroom environment. Don't be lonely as the entire universe is with you now.

SMITA GHOSH, Counselor, Anand Niketan School, Satellite, Ahmedabad

THE UPSHOT

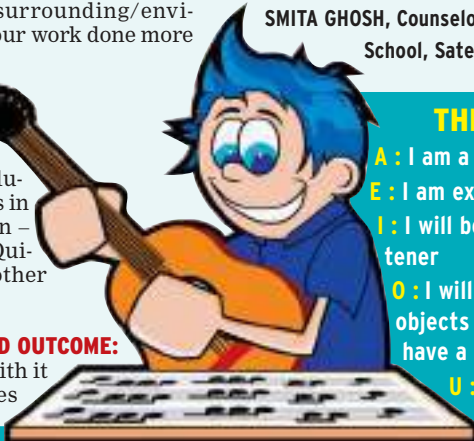
A: I am a learner

E: I am excited and happy

I: I will be a positive listener

O: I will work with objects (technology) and have a positive result

U: WE are together



Palm day celebrated virtually!



Delhi Public School Gandhinagar organized 'Funny Palm Day' Celebration recently for the students of class UKG. The main objective of this celebration was to foster creativity through art and allow kids to deliver their ideas in a new format. Children were invited to celebrate this day by sending an E-invitation to parents. They were asked to show their creativity on hand gloves or directly on their palms by using different decorative materials and watercolors. Each child was given a chance to speak on what they made and how they had decorated their palms using their own creativity. They all



came up with different ideas like space, planets, pirates, animals, etc. This celebration gave students the freedom to show their creative ideas and skills on a virtual platform. The session became more interactive when the

teacher asked a few questions from children about their decorated palms. Overall, the children participated with great zeal. This fun activity helped them learn better as the process was enjoyable and memorable.

CELEBRATING THE BOND OF LOVE ON RAKSHABANDHAN

Corona Virus managed to confine us at our homes, but failed to dampen the festive spirit of the people. Continuing the tradition of connecting with students, we asked the students to share their pictures of sibling bonding and love on Rakshabandhan through their parents on our Facebook page. We got an overwhelming response. Here, we give you a glimpse of amazing celebrations...



Aarnav Batra, Class VII, St Kabir School



Titiksha Padia, Class I, The Rajkumar College, Rajkot



Dharmasvi Katarmal, Class X, Calorx Public School, Mundra

Harshita Raut, Class V, & Dev Raut, Class IX, HB Kapadia School



Har Agam Singh, Class III, Air Force School, Bhuj



Soumyaa Chandarana, Class VIII, The Rajkumar College, Rajkot



Kashish Khubchandani, Class X, Shri L.G Haria School, Jamnagar



Harsh Sharma, Class VI, Global Indian International School



Sparsh Shah, Class V, Global Indian International School



Ameer Barchha, Class XII, The Rajkumar College Rajkot



Anmol and Aaradhya, Aga Khan School, Mundra

Mahi Sheth, Class IV, HB Kapadia School



Poorna Ghosh, Class XI, Anand Niketan, Ujaan Ghosh, Class V, ZSE, Godhavi

Shyam Parmar, Class II, Atmiya school, Rajkot



DISCLAIMER : Please adhere to age guidelines on each platform. FB and Twitter require users to be at least 13 years of age to use their services.



THE TIMES OF INDIA

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PLEA IN THE SUPREME COURT

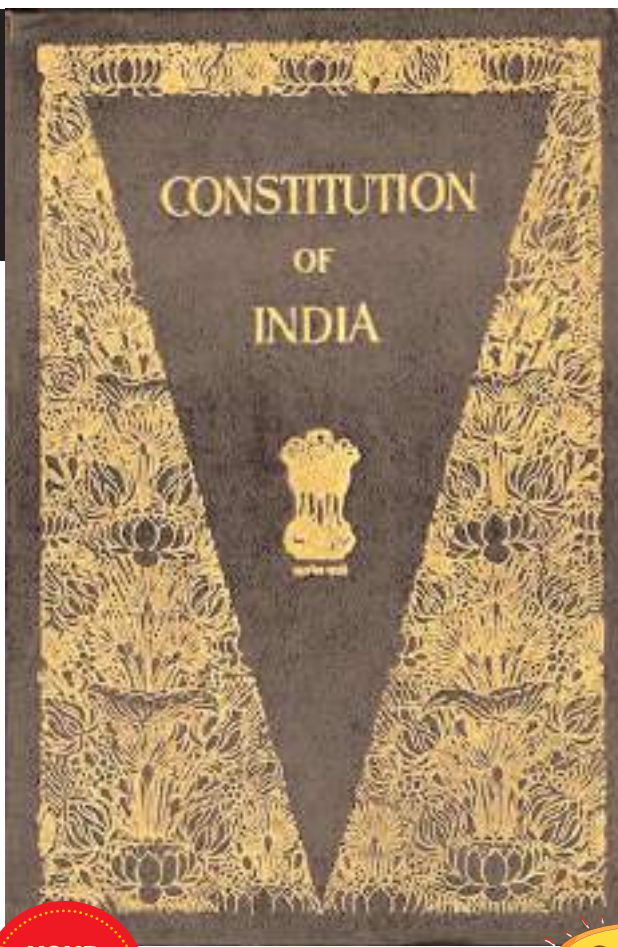
SOCIALIST & SECULAR to be removed from the CONSTITUTION'S PREAMBLE?

VIEWPOINT

A plea has been filed before the apex court seeking to remove from the Constitution's Preamble, the words, 'socialist' and 'secular', which were added through the 42nd constitutional amendment. The Public Interest Litigation (PIL) said that the amendment made in 1976 was 'antithetical to the constitutional tenets as well as the historical and cultural theme of India.'

WHAT THE PIL SAYS

► The move to introduced the words, 'secular' and 'socialist' were "illegal for violating the concept of freedom of speech and expression enumerated in Article 19(1)(a) of the Constitution and the right to freedom of religion guaranteed under Article 25 of the Constitution", the PIL said ► It said the amendment was also against the historical and cultural theme of the "great Republic of Bharat, the oldest civilisation of the world, having clear concept of 'Dharma' different from the concept of religion", and that the communist theory of State cannot be applied in Indian context, which was not in tune with the religious sentiments and socio-economic conditions of India ► It sought a direction from the Centre to declare that the concept of 'socialism' and 'secularism', referred to the nature of the Republic was limited to the working of the sovereign function of the State, and the same is not applicable to the citizens, the political parties, and the social organisations


YOUR CORNER

 Share your views at
toinie175@gmail.com

WHAT IS A PREAMBLE ? The Preamble of the Constitution of India acts as the preface, highlighting the ethics of the Constitution

WHEN WAS IT ADOPTED? It was adopted on November 26, 1949 by the Constituent Assembly, and came into effect on January 26, 1950. The Preamble was made in 1947, but was adopted in 1949

IS IT ENFORCEABLE? NO. However, the Preamble states the objectives of the Constitution, and acts as a tool to interpret the Articles, when their language is found ambiguous

THE PREAMBLE WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens: JUSTICE, social, economic and political; LIBERTY of thought, expression, belief, faith and worship; EQUALITY of status and of opportunity; and to promote among them all FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation; IN OUR CONSTITUENT ASSEMBLY, this twenty-sixth day of Nov, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION



PREAMBLE QUIZ

- 1) The language of the Preamble of the Indian Constitution is taken from the Constitution of.....
 (A) America; (B) Canada; (C) Australia
- 2) Who among the following said that the Preamble of the Indian Constitution is "The Keynote of the Constitution"?
 (A) Ernest Barker; (B) Jawaharlal Nehru; (C) Dr BR Ambedkar
- 3) Which of the following words has not been written in the Preamble of the Indian Constitution?
 (A) Sovereign; (B) Socialist; (C) Indians

Answers: 1 (C); 2 (A); 3 (C)

STUDENT EDITION

WEDNESDAY, AUGUST 5, 2020


WEB EDITION
I RECOMMEND

How to write a SHORT ESSAY

RESEARCH

Researching and gathering relevant sources is the first step towards writing. Gather sources from credible sites, like recognised journals and books. To acknowledge the credible site, check the author's information, website design, and the last updated date. Each source of information must contribute to your essay. The writing should revolve around a single topic. If you are writing about trending topics, gather information from credible news sites. Avoid information from unreliable sources.



CREATIVE IDEAS

For writing, you have to be creative and should possess brainstorming ideas. Every sentence must be relevant and to the point. Don't include unnecessary information, as this will misguide the audience. For this, you need to have a clear idea about your topic.

OUTLINE

Once you have collected all the information, the next step is to write them down. If you have chosen a broad topic, designing an outline is crucial. To not lose the direction, write down all the arguments and supportive facts. Make a final goal and determine what material you have to include within each paragraph.

CRAFTING

Now that you have all the information, crafted an outline, it's time to start writing. Cover all the points; be concise and brief for writing. Frame the sentences in active voice.

EDITING AND PROOFREADING

Proofreading is the final step of your essay. Read it again and again to make sure that the essay sounds clear, and explains the information. Clear writing and expressing your ideas clearly are the traits of a good writer. Check the grammatical errors, punctuation and syntax errors. Correct these errors—you can use online tools like Grammarly. Ask your friends and colleagues to read it.

NEWS IN BRIEF

CLICK HERE FOR MORE



Mahadev Desai was the personal secretary of which famous Indian?

- CLUE 1:** Born in 1869, he was the youngest among the six siblings. He had two brothers and three sisters.
CLUE 2: He remains the only Indian to be named on TIME magazine's Person of the Year.
CLUE 3: Nominated for the Nobel Peace Prize five times, he was never awarded.

ANSWER: MAHATMA GANDHI. Britain is considering minting a coin to commemorate the Father of the Nation, Mahatma Gandhi, amid a growing interest in recognising the contributions of people from the Black, Asian and other minority ethnic communities. As part of a global reassessment of history, colonialism and racism triggered by the death in May of a Black man, George Floyd, in the United States, after a Minneapolis police officer knelt on his neck for nearly nine minutes, some British institutions have begun re-examining their past. Floyd's death has led to global protests against racism, colonialism and police brutality

LOWLY FLIES GET SUPER NAMES

Australian scientists have given five fly species scientific names that pay tribute to the Marvel comic universe, including one named for wise-cracking anti-hero, Deadpool, and another after the superhero creator, Stan Lee. The five flies were part of the

NAMESAKE

FACTOID \$16,000

■ Price of a magazine autographed by Steve Jobs, the co-founder of Apple that was auctioned recently. The magazine in question was Fortune's October edition of 1989. It had Jobs on the cover, and is signed as "To Terry, Steve Jobs". Terry, incidentally was one of Jobs' chauffeur drivers for many years, and later asked Jobs to sign him. Even though Jobs did sign the cover, he called the limousine company and complained about Terry's autograph request.

JOB'S AUTOGRAPH HAS ALWAYS BEEN CONSIDERED A COLLECTOR'S ITEM, AND A LOT OF APPLE FANS HAVE BID FOR IT IN THE PAST AS WELL. IN DECEMBER 2018, IT WAS REVEALED THAT JOB'S AUTOGRAPH WAS WORTH MORE THAN \$50,000 (ROUGHLY ₹ 35 LAKH), AS PER 2018 PAUL FRASER COLLECTIBLES AUTOGRAPH INDEX. THE CO-FOUNDER OF APPLE WAS KNOWN TO BE A RELUCTANT SIGNER

165 discoveries named by the scientists over the past year, which included two fish, three sub-species of a bird, and even a mite that lives on a lizard, the Commonwealth Scientific and Industrial Research Organisation (CSIRO) said in a report.

► The Stan Lee's fly was named for its characteristic markings that look like the comic titan's sunglasses and white moustache, while the Deadpool's fly has marks on its back that resemble the character's red-and-black mask, CSIRO said



► All five species are robber flies, which are assassins of the insect world, according to CSIRO. The other three are named after the Marvel characters, Loki, Thor and Black Widow

IPL final to be played on Nov 10, evening matches to start half-an-hour earlier than usual



The finals of the Indian Premier League (IPL) 2020 will be played on November 10, the sources within the BCCI has confirmed. The

SPORTS

IPL's governing council, who met earlier, decided that the evening matches will start at 7:30 pm, half an hour earlier than usual.

- "The tournament will run for 51 days, usually the IPL go on for 49 days as per the constitution. However, in the meeting it was decided that we will go to the Supreme Court for conducting the IPL in 51 days," sources within the BCCI said
- As the tournament will run for 51 days, there will be fewer double-headers (two games are played in succession at the same venue)—just 10 double-headers. So, the evening matches will start at 7:30pm and the afternoon matches will start at 3:30 pm. The matches will be played across three venues at Abu Dhabi, Dubai, and Sharjah, as travelling here by road is easier and a bio-secure environment can be maintained, the source added
- The IPL's governing council also confirmed that Women's IPL will also go on, and four teams would be participating in it

Apple dethrones Saudi Aramco to become world's most valuable company

Apple has surpassed oil giant Saudi Aramco to become the world's most valuable publicly-traded company, with a market valuation of \$1.84

trillion. Saudi Aramco, which had been the most valuable publicly-listed company since its market debut last year, now trails at \$1.76 trillion as of its last close.

- Despite the pandemic that hit its supply chain and forced the iPhone maker to close retail stores worldwide, Apple shares are up more than 44 per cent this year
- Apple has posted \$59.7 billion in revenue for its fiscal 2020 third quarter that ended June 27, an increase of 11 per cent from the year-ago quarter, as iPhone sales beat the Wall Street estimates

STORY OF THE APPLE LOGO

The very first Apple logo featured Sir Isaac Newton sitting under a tree, with an apple about to hit his head

The Newton logo was designed by the lesser-known Apple founder Ronald Wayne (the guy who sold his stake to Steve Jobs and Steve Wozniak for \$800)

The rainbow apple, designed by Rob Janoff, replaced Sir Isaac and remained the symbol of the company for many years, until the simpler monochromatic apple logo was introduced in 1998



BRANDY BACK WITH NEW MUSIC ALBUM AFTER 8 YEARS

Singer Brandy has unveiled her seventh album, 'B7', after an eight-year break. The 15-track album, co-written and co-produced by Brandy, also has collaborations with Chance the Rapper, Daniel Caesar and her daughter, Sy'rai. 'B7' was released on July 31 via Brandy's record label, Brand Nu

MUSIC

and eOne Urban. After a five-year legal battle with her former label, Chameleon Entertainment, Brandy told Rolling Stone that she has finally found freedom with this record's release.

ASTRONOMERS CAPTURE EXTREMELY RARE 'SPACE BUTTERFLY'

A stunning photo of NGC 2899, a bubble of gas that resembles a butterfly has been captured by the astronomers, using the European Southern Observatory's (ESO) Very Large Telescope (VLT). The bubble has never been captured before in such detail.



► The space butterfly is located between 3,000 and 6,500 light years away, in the Southern constellation of Vela, also known as 'The Sails'. The temperature of this gas bubble can reach up to 10,000 degrees F. ► The symmetry of this 'space butterfly' is believed to be a result of its two central stars, interfering with the flow of the gas.

The authors of lockdown2020

Meet super talented writers who realised their dream of writing and publishing a book when the world shut down due to Covid-19. Like you and me, they too know the fear of an empty page and self-doubt. The only difference is they kept writing. So can you!

We will feature more writers through the month of August!



Agamnoor Dhillon, Yadavindra Public School, Mohali, Batch 2020, published her poems in a book, 'The Celestial Stargazer', in the lockdown after writing it for over five years.

My book is a compilation of poems because...

I believe that everything is poetry. Every tree, every cat, every thunderstorm, every human being, is poetry – of the most beautiful kind. 'The Celestial Stargazer', though published now, is a compilation of poems that I wrote over the last five years. It is a mix of highs and lows, happy moments and not so happy ones, of lessons learnt and those forgotten.

IDEAS COME FROM: The best ideas come from the most profound of emotions – the deeper the emotion, the more spontaneous and moving the poem. Incidents, circumstances, people, successes, failures all contribute to poetry. And most importantly – Nature.

MY FAVOURITE AUTHOR: I am inspired by Markus Zusak ('The Book Thief'); and Vikram Seth, Cecelia Ahern, Jodi Picoult, Louisa May Alcott and Jane Austen.

<https://toistudent.timesofindia.india-times.com/news/times-nie-student-authors/meet-agamnoor-dhillon-the-celestial-stargazer/59674.html>

My advice

Don't give up. Never give up. Stay consistent and stay true to yourself – when you first start writing, don't think about what will be liked by people, instead, think about how you would feel if you read what you have written. Don't be too critical of your work, give yourself plenty of space and write.

Have you written something during the lockdown period and got it published? Let us know at timesnie175@gmail.com and we will have you featured in this space! Keep writing, keep engaging...

Lockdown Diaries

I wrote a book on my lockdown experience because.... Initially, I was very excited that our school closed because of Covid-19 lockdown. But a few days in, and I was bored to death! I had not planned to write but when my article, a school assignment was published in Times of India Student Edition online, I was super thrilled. Seeing this, my mom gave me a diary to write down everything and said if it turned out well, we could make it a book and give it to the school library.

MY FAVOURITE AUTHOR: Jeff Kinney, the author of 'Diary of a Wimpy Kid' series. I was not a reader before but after my best friend introduced me to this series, I really took to reading.

GOOD PART ABOUT WRITING: If you have a good idea, be it funny or fiction, you can write and make a book of it. I was scared in the beginning thinking of how I could write something because my language and vocabulary needed to be strong. But I realised, if you have an idea and learn how to be a storyteller, then with the help of a mentor and editor, writing is not that difficult.



My advice

Whenever you think of something, a random idea or related to something that you might be writing about, always write it down somewhere immediately. <https://toistudent.timesofindia.indiatimes.com/news/times-nie-student-authors/aarya-d-souza-author-of-lockdown-diaries/59678.html>

Aarya D'souza, class V, The Choice School, Tripunithura, Ernakulam, published his book based on his lockdown experiences

THE TIMES NIE SOCIAL MEDIA ... ARE YOU THERE YET?

facebook

Upload fun videos of your family and friends, share DIY ideas, comment on posts that you like, write and tag us!

➤ Where: **CLICK HERE** - <https://www.facebook.com/TOIStudent/>

YouTube

Watch special screening AND VIDEOS! Have a short film to share? Send at nieyteam@gmail.com

➤ Watch out for: Short film on depression by our student

➤ Also coming up! Director Swayam Khanna's short FILM on Covid-induced lockdown! Watch this space for more updates.

➤ Subscribe now: Click here - https://www.youtube.com/channel/UCyT6h6Z3gg94BAhHqG5m-Ag?view_as=subscriber

twitter

Start your own hashtag, make it a trend! Write and tag us!

➤ Where: **Click here** - <https://twitter.com/TOIStudent/>

NOTE: Please adhere to age guidelines on each platform: YouTube forbids children under 13 to create their account, ages 13 and 17 are allowed to open accounts only with parental permission. FB and Twitter require users to be at least 13 years of age to use their services.

GETTING BACK ON TRACK

SLOMO IS THE NEW FOMO

The future of travel lies in the hands of those who really care



Supriya.sharma2@timesgroup.com

Ironically, 2019 was the year of slow tourism in Italy. Venice was reeling under the pressure of mass tourists and the country decided to reject travellers and adopt a more mindful approach towards travel. Alas, 2020 had something else in store. What has happened in Italy today is a glaring example of reckless travel, something that's destined to change henceforth.

Amit Sankhala, owner of a wilderness camp in Kanha National Park and a well-known safari expert says, "Overtourism is seen as an important factor behind the spread of the coronavirus in popular tourist destinations like Italy and Spain. The concept of eco-tourism is the need of the hour. We must work together to sustain a movement towards protection of nature."

hand in hand with other slow movements such as Slow Cities, Slow Money, Slow Education, Slow Schools, Slow Books, Slow Living. The idea which underlies all of these movements is to slow down and reduce the speed of modern life and consumption. Slow tourism offers the possibility to use a variety of forms of transport, from horsecarts to houseboats.

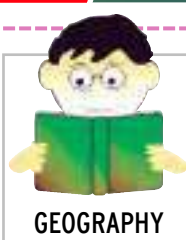
SLOMO travel encourages you to get involved in educational experiences that gives you a fresh perspective on the world. Rather than stopping for a selfie at the Berlin wall, a walking tour with a war hero can let you see the city through completely different eyes.

Future is here

Taking the slow lane, the not-so-obvious routes and unhurried means of transport will be the way the world will travel now, say experts. When travel restrictions are eventually relaxed – there will be heightened precautions as countries try to prevent Covid-19 and other infectious diseases crossing their borders. Read more at www.toistudent.com

What is slow travel?

The long winding train journeys, school mountain treks or road trips in dad's rickety Fiat. By definition, slow travel comes



GEOGRAPHY

KNOWLEDGE BANK

Black Hole

A black hole is a region in space where the pulling force of gravity is so strong that light is not able to escape. Because no light can escape, black holes are invisible. On April 10, 2019, the first ever direct image of the supermassive black hole in Messier 87's galactic centre was captured by the Event Horizon Telescope.

– Devang Ajmera, Class XI, The Heritage School, Kolkata



Laughter is the best medicine

A new study has suggested that people who laugh frequently in their every day lives may be better equipped to deal with stressful events...

The findings of the new research by the University of Basel was published in the journal 'PLOS ONE'. It is estimated that people typically laugh 18 times a day – generally during interactions with other people and depending on the degree of pleasure they experience. Researchers have also reported differences related to the time of day, age, and gender for example, it is known that women smile more than men on average. Now, researchers from the Division of Clinical Psychology and Epidemiology of the Department of Psychology at the University of Basel have conducted a study on the relationship between stressful events and laughter in terms of perceived stress in everyday life.

ter and the reason for laughing as well as any stressful events or stress symptoms experienced in the time since the last signal.

Using this method, the researchers were able to study the relationship between laughter, stressful events, and physical and psychological symptoms of stress ("I had a headache" or "I felt restless") as part of everyday life. The newly published analysis was based on the data from 41 psychology students, 33 of whom were women, with an average age of just under 22.

The final findings

It was seen that when the subjects laughed frequently, stressful events were associated with more minor symptoms of subjective stress. But when it came to the interplay between stressful events and intensity of laughter (strong, medium, weak), there was no statistical correlation with stress symptoms. "This could be because people are better at estimating the frequency of their laughter, rather than its intensity, over the last few hours," as per the research team.

Questions asked

In the intensive longitudinal study, an acoustic signal from a mobile phone app prompted participants to answer questions eight times a day at irregular intervals for a period of 14 days. The questions related to the frequency and intensity of laugh-

– TNN

The August Planner

Watch this space for

The winners of the **Draw Your Monster contest:** We got over 1000 entries and our team has been sorting through all of them. **WE are going to announce the results and publish most of your drawings here through August and September.** Keep watching this space!

Our New Contest! Yes, we have a new contest announcement on Friday. **The Awesome Friendly Adventure contest...** That's something you are not going to miss out on! Check out the cover here...

The lockdown authors series: We plan to interview and feature our budding authors – all through this month

The BIG, BIGGER Saturday issue ranging from critical thinking, emotional learning to financial literacy... Log on to www.toistudent.com for your exclusive copy!

Lot more activities and stories to keep you hooked..



THE TIMES OF INDIA

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STUDENT EDITION

TUESDAY, AUGUST 4, 2020



WEB EDITION

HOW TO MAKE ONLINE CLASSES interesting

With online classes becoming the new normal, teachers are coming up with innovative ways to make virtual classes more engaging and fun. In fact, a kindergarten classroom in Kerala's Malappuram district has added a new dimension to learning for children. Shyam Vengalloor, a social science teacher at the AEM AUP School has introduced augmented reality (AR) by bringing in elephants, tigers and the solar system to the online classes. Using green screen, Gif (graphics interchange format) images and several apps, Shyam has created an AR for the class by superimposing graphics, audio and sensory enhancements. So, how can virtual classrooms be made more creative? Educators share tips. Read on...

PYRAMID FORMULA

Ask students to work on the pyramid formula. Students need to draw a pyramid, and write three things they learned from the online class; two things they thought were interesting; and one doubt that they want clarified.

SMITA GHOSH, COUNSELLOR, ANAND NIKETAN, AHMEDABAD

JUST A MINUTE

Pick sub-topics from a chapter, and note them down. Then, pick one chit randomly, and ask a kid to explain that sub-topic in a minute. Do it in turns. This will create a curiosity among the students; they will wait for their turn, and making them more attentive in the class. Every day, five topics for five students can be picked up randomly.

RITU CHAUHAN, PRINCIPAL, MANIPAL INTL SCHOOL, BENGALURU

GROUP ACTIVITY

Lockdown has deprived the children of social bonding with their classmates, so give them activities, including group presentations and assignments; it will promote interaction, and enhance the learning experience. Besides, it will give them a feel of a normal classroom, and boost their mental health

MAYA M, IN-CHARGE PRINCIPAL, KV, PANGODE, THIRUVANANTHAPURAM

IMAGE LEARNING

Before starting a chapter, collect colourful and bright images related to it. For biology, it could be diagrams, for history, it could be the image of an event/leader/object. Show the image to the children and ask them to label it and write two lines about the event. Alternatively, show a couple of pictures, and ask them to make a sequence.

SUNANDA NAIR, TEACHER, ST THERESA CONVENT HIGH SCHOOL, DOMBIVLI EAST, MUMBAI

QUIZ AND CONTEMPORARY CONNECT

Framing MCQs and sharing with the children, and linking the chapter content with contemporary events helps in facilitating learning. For example, as a history teacher, I created a comparison between self-reliant India during the partition of Bengal with the 'Atmanirbhar Bharat' of today and it worked!

JYOTI TOMAR, PGT, HISTORY, THE HPS, BEGUMPET

MEMORY GAME

Use flashcards/ picture cards for different subjects. Prepare cards related to the chapter, show the cards to the students; and ask them questions related to the cards shown. This is a beautiful way of engaging all students. Discussion board with small learning team cohort is an interesting tool too.

BRATATI BHATTACHARYA, SECRETARY-GENERAL, SHRI SHIKSHYATAN FOUNDATION, KOLKATA

PM ASKS STUDENTS TO COME UP WITH INNOVATIVE CONCEPTS

Prime Minister Narendra Modi has asked students to prepare innovative models and forward them for their use in a big way. Following an interaction with a student in Coimbatore virtually, after she came up with a model on embankments during the Smart India Hackathon (SIH), the PM asked her to make her presentation before the authorities concerned.



- 1 M Shwetha, a IVth year student of MSc, Sri Krishna Arts and Science College, has developed a model of an embankment, and how the replica could help prevent loss of life and property, if there were a breach
- 2 An embankment is the soil on the periphery of the natural water bodies that protects people from any water overflowing into the adjacent areas. If there is a breach in the embankment, it can cause loss to life and property. This danger can be warded off, if it is known when the next breach is going to occur, Swetha said
- 3 With the help of machine learning, students can study the breach pattern and predict it, and support the government in taking preventive measures
- 4 Support of the local residents in taking photographs of embankments, and uploading them on the portal, along with information of breaches can help avert natural disasters in time, Swetha said

YOUR CORNER

DO YOU HAVE ANY INNOVATIVE CONCEPTS? SHARE YOUR PROJECTS AT

TOINIE175@GMAIL.COM/
TIMESNIE175@GMAIL.COM

SHANKAR-EHSAAN-LOY GEAR UP FOR VIRTUAL MUSICAL EVENING

Composers Shankar-Ehsaan-Loy will headline the Bandish Bandits virtual concert on August 5. The virtual music concert will be hosted around the launch of musical web series, 'Bandish Bandits', a show that marks their digital debut. The concert features acts by Armaan Malik, Jonita Gandhi, Prateek Kuhad, Shivam Mahadevan, Mame Khan, Ravi Mishra and Pratibha Singh Baghel.



○ The virtual musical extravaganza will be open for all, and will stream live on Amazon Prime Video's official Facebook and YouTube page

○ 'Bandish Bandits' is set in Jodhpur, and the show tells the story of Radhey and Tamanna, two young musicians hailing from contrasting backgrounds. Radhe (Ritwik Bhowmik) is a singing prodigy determined to follow in the classical footsteps of his grandfather (Naseeruddin Shah), while Tamanna (Shreya Chaudhry) is a rising pop sensation desperate to become India's first international popstar.

NEWS IN BRIEF

CLICK HERE FOR MORE

CHANDRAYAAN-2 ROVER INTACT?

Space enthusiast Shanmuga Subramanian, who found the debris of India's moonlander, Vikram has said that Chandrayaan-2's rover, Pragyan, seems to be intact on the Moon's surface, and had rolled out a few metres from the lander. In a series of tweets along with the pictures of the Moon surface, Subramanian said, "The white dot seen in the picture captured by NASA's Lunar Reconnaissance Orbital (LRO), might be the skeleton lander devoid of other payloads, and the black dot might be the rover. "Our experts are analysing the same," K Sivan, Chairman, Indian Space Research Organisation (ISRO), said.



WHY PRAGYAN SEEMS TO BE INTACT

■ "It seems the commands were sent to the lander blindly for days and there is a distinct possibility that the lander could have received commands and relayed it to the rover but the lander was not able to communicate it back to the Earth," Subramanian said

■ There is also a possibility of the rover rolling out of the lander, when it impacted the Moon's surface, he added

➤ Vikram lost contact with ISRO, following its launch from Chandrayaan-2 moon orbiter on Sept 6, 2019, when it tried to make a softlanding near the Moon's south pole

➤ On July 22, 2019, the GSLV rocket, nicknamed 'Bahubali', blasted off from the second launch pad in Sriharikota, Andhra, carrying Chandrayaan-2 Orbiter, Vikram (lander) and Pragyan (rover)

TECH BUZZ

FACEBOOK MESSENGER ROOMS QUIETLY ARRIVES ON WHATSAPP FOR WEB

In the next step to integrate its family of apps that are being used by 3.14 billion users globally, Facebook has integrated Messenger Rooms with the WhatsApp on the Web. People can now access Messenger Rooms, which allow group video calls of up to 50 people, via WhatsApp on the desktop. It will enable the users to connect with their friends and family via Messenger Rooms from their PCs and laptops. The Messenger Rooms integration is yet to arrive on WhatsApp on mobile.



■ FB launched the video conferencing tool Messenger Rooms in May to take on Zoom and other video platforms

■ In FB Messenger Rooms, the users can post links in their News Feed or in Groups or event pages

■ Rooms can be created right from the Messenger and gives people the ability to share links to invite anyone to join, even if they don't have a FB account

The social networking giant has also introduced a new tool for users to broadcast live to FB from the Messenger Rooms.

Between WhatsApp and Messenger, more than 700 million users participate in calls every day. In many countries, video calling on Messenger and WhatsApp has doubled, since it began



Desi Math wizards who played with numbers



A movie based on the life of India's 'human computer', Shakuntala Devi, was released on an OTT platform recently. Take a look at some other Indian mathematicians, who came up with theorems and equations, making math seem like a mere number game...

1 SRINIVASA RAMANUJAN had almost no formal training in mathematics, but he made substantial contributions to mathematical analysis, number theory, infinite series, and continued fractions, including solutions to mathematical problems, considered unsolvable during his time. Ramanujan also independently compiled nearly 3,900 results. His original and highly unconventional results, such as the Ramanujan prime, the Ramanujan theta function, among others, have opened

The 2015 film, 'The Man Who Knew Infinity' is based on Ramanujan's life

up entire new areas of work, and inspired a vast amount of further research.

2 CALYAMPUDI RADHAKRISHNA RAO, an Indian-American mathematician and currently a professor emeritus at the Pennsylvania State University, is "a living leg-

end, whose work has influenced not just statistics, but has had far reaching implications for fields as varied as economics, genetics and anthropology."

3 RAJ CHANDRA BOSE, an Indian-American mathematician, is known for his work in design theory, finite geometry, among others. He also invented the notions of partial geometry, association scheme and strongly regular graph, and started a systematic study of difference sets to construct symmetric block designs.

Sunil Chhetri voted 2019 Asian Cup's favourite player by fans

SPORTS

Indian talisman Sunil Chhetri has been voted as the favourite player of the 2019 AFC Asian Cup by fans as he finished ahead of Eldor Shomurodov of Uzbekistan. Chhetri beat Shomurodov 51-49 in the poll, after trailing in the initial stages of voting. "19 days, 561,856 votes. The #AsianCup2019 favourite player has been decided. Congratulations Sunil Chhetri!" the Asian Football Confederation (AFC) wrote on its Twitter handle.

The 35-year-old Indian captain scored twice during the group stage of the Asian Cup in the beginning of last year. The poll was conducted by AFC on its official Instagram handle.

■ With 72 goals and 115 appearances, Chhetri is India's all-time highest scorer, and the most-capped player

■ Chhetri, who was earlier named an Asian Icon by the AFC on his 34th birthday, is the second highest international scorer among active footballers, behind Portugal's Cristiano Ronaldo and ahead of Argentina's Lionel Messi



GREAT OUTDOORS

Learning life skills outside the class

Only the real, raw world can teach you real life skills

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Ronald Dahl once said, “The more risks you allow children to take, the better they learn to take care of themselves.” What we and our parents have been doing on the contrary is happily fighting all the battles and solving all the problems for our children, to an extent of being accused of “raising a generation of deluded narcissists”. Times are tough and the real goal of education today should be to equip students with life skills – emotional, social, survival – essential to meet the challenges of everyday life. And it is not possible to find these skills in a closed environment. Outdoor learning experiences help in developing reflective and inquisitive thinking along with problem-solving approaches in ‘real’ situations. And mind you, ‘problem solving’ is a 21st century essential.

Agrees Rahul Jagtiani, a travel show host who loves adventure and outdoor sports, “As an avid traveller,

I’m amazed how the lessons learned during my time spent in the great outdoors has played a crucial role in shaping my attitude towards life. Just a night spent camping overnight in harsh conditions in Antarctica taught me to appreciate the comforts we are used to. We had to shovel through three feet of snow and create our own ‘bed’ as the icy rain made it difficult for us. The experience taught me gratitude.” His other snowboarding and scuba diving expeditions have been lessons in team spirit, determination and humility.

Well, this is why school summer and adventure camps came into being in the first place – to foster emotional intelligence, self-confidence, independence, healthy living, environmental awareness, learning, leadership and other skills that prove beneficial long into adulthood. “Rapid urbanisation and so-called development in cities has left no space for people to get the feel of the “outdoors”. Kids

and teens especially need more movement than adults on a daily basis, they should not be sitting idle for more than 30 mins. Leaving the gadgets and walls behind, children must spend more time outdoors in parks, lawns, wood & beaches to uplift their spirits and learn more in life,” says functional fitness trainer Gagan Aroora. He adds that outdoor picnics, hikes, sports and expeditions are a great way to develop many important attributes like decision making, leadership, self-confidence and bonding.



PICS: ISTOCK

WHAT THE OUTDOORS CAN TEACH YOU

Adventure: By exploring nature and following a trail of your curiosity, you can discover hidden groves and areas where people don’t often venture

Sensory Awareness: Your senses have far more potential than you presently use. Take some time to sit outside in nature, close your eyes and listen as far as you can hear

Sense of Direction: It’s easy to get lost in the great outdoors. Nature will teach you to hold clear images in your mind and keep track of where you are going

Gratitude: Learning to

experience the gift of life through our senses in nature helps us to feel thankful for all the amazing things that we have in our world

Natural Consequences: Nature shows us that our choices in life have natural consequences. We learn to be on alert for what the weather is doing and take action to avoid unwanted consequences

Decision-Making: You have to think fast in order to respond effectively to what nature gives you. Make the choice to bring a raincoat or else you get soaked! **Thinking Out of the Box:** Children who play outdoors have a wider perspective of things around them and they can create their own original masterpieces with beautiful gifts of nature like mud, sand, wood and so on

FAMILY TIME

RAGE OR NEGOTIATE?

Interacting with family is daunting. But if you learn to engage well, it’ll go a long way to build the leader in you



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It may be the longest limbo of our lives. But what’s adversity if we can’t learn a few lessons to equip ourselves for the future. Thinking about exams, career prospects were usual worries every student grappled with till the beginning of the year. It’s a whole new story today. The future has never seemed more distant. But you know the secret of something being distant? You think harder to get to your goal. And that time is now – and we do have plenty of it.

Psychologist Dr Sanjay Chugh says, “This ongoing pandemic, unfortunately, has put a brake on many of our plans and ideas. It has created a feeling of the unknown.” So, how can we use our resources at hand, and use it to our benefit? The answer lies at home. While talking to members of our family, friends, teachers, we can hone our skills of negotiation.

“Successful negotiation is not about getting to ‘yes’; it’s about mastering ‘no’ and understanding what the path to an agreement is”
Christopher Voss, author, former FBI negotiator

Here’s how to go about it

There are two essential points to keep in mind.
1. Elders and older siblings, are together responsible for the outcome; ‘together’ being the keyword here.
2. It must be a win-win situation. That doesn’t mean two sides get exactly what they want. It involves compromises on both sides to reach an acceptable solution. For instance, for an extra hour to talk to a friend or play a game, you can swap an hour’s chore from your dad or mom.

BUILD YOUR NEGOTIATING SKILLS

Effective Listening: Listening is the most important skill to learn for healthy communication. Be empathetic to how people around you are feeling.

Create room for give and take: The aim is to find a middle ground to any problem. The keyword here is cooperation. Both sides need to walk a few steps, get out of their comfort zone to meet each other half way.

Team work: The effort to find a balance needs to be collaborative. Both parties need to feel equally engaged. No one can be forced or manipulated to do chores. Let the effort come out from a spirit of partnership.

Setting clear roles: Check what responsibilities you’d like to take at home – cleaning rooms, washing utensils, watering the plants, helping in the kitchen.

Problem solving: Separate the person from the problem. A solution is not possible till you are annoyed or angry with any member of your house.

Penalties: Discuss penalties from before so that there is no bargaining and manipulation later.

— DR SANJAY CHUGH, psychiatrist

MONEY MATTERS

Start your financial literacy

Most – if not all – parents start financial planning for their kids even before they are born.

While it’s a good thought, the truth is that if the child is not financially savvy, planning can be pointless. Financial literacy has become a key survival skill for the times ahead. A child, it’s said, starts understanding the concept of saving and spending by age 3. In fact, by age seven, their money habits are typically set. Children tend to learn the most by observing the behaviour of their parents. So, the best way to teach them any good habit is by practising it in the first place. But here are some basics to start with...

Plan a party

Want a shindig for your birthday (this for post-Covid time)? Ask your parents to give you a budget and let you plan it – with their help of course. Prepare a checklist: theme, games, return-gifts, snacks, cakes, and

By age 3, children understand the concept of saving and spending. And by age 7, their money habits are typically set

Work for your pocket money

Pocket money is not about just getting money at a set time, you have to earn it. Mutually decide a list of chores that you will handle every month. Only if all tasks are

ticked off you get the agreed sum of money.
YOU LEARN: That there are no free lunches.

guest list. Your job is to make sure everything just fits the budget.
YOU LEARN: Making do with limited resources is a basic financial planning skill.

Shopping

Accompany your parents to the market next time (or even online). Observe how they shop for groceries. You should learn how to read labels and compare prices of available options, and pick the one that fits the budget. Create your own grocery store at home to practice comparison purchases.

YOU LEARN: Being careful with spending, researching purchase and avoiding poor decisions.

Start a fund

Help your kids start saving their pocket money towards their material goals – could

be a picnic or a new toy. You can also suggest that you will chip in with a certain percentage only if they are able to get to their goal in a given time.

YOU LEARN: The value of saving as the first step to achieve financial goals.

Learn about interest

Introduce the concept of interest by offering them a certain bonus amount, say, on every ₹1000 that they save from their pocket money. This bonus could be in terms of percentage, say 10%. Show them how the calculations work every time you do so.

YOU LEARN: What is interest and how it works.

Sharing is caring

Kids should learn about doing good deeds and sharing their money and possessions early on. Inculcate sharing as a child by encouraging them to donate their toys, books, or clothes to NGOs. To overcome any resistance to this idea, follow up a trip to the NGO with ice cream or a pizza party. Over time, they will start associating happiness with a good deed.
YOU LEARN: Sharing is rewarding.



Get, set, skill!

Times NIE is bringing some special food for thought for the weekend. We are talking new life skills like critical thinking, emotional learning, financial literacy and MORE. Special columns, interviews and ideas are all here to make your weekends more ‘with it’.

Log on to www.toistudent.com for the exclusive weekend student edition, every Saturday – starting from August 15.

Keep Reading! Keep Sharing!

Quiz time

TEST YOUR SURVIVAL SKILLS

Q.1) What is the number one thing you need to survive in the wilderness?

A. Shelter B. Food
C. Heat D. Water
(D. Average human being can’t survive if they go more than 3 days without water, whereas the same person could survive for several weeks without food.)

Q.2) If you’re the only survivor of a plane crash and you’re trapped on an island, what should you do?

A. Build a raft from fallen logs
B. Search the island for food
C. Get away from the scene as fast as possible in case the plane explodes
D. Take any survival and medical equipment you can find from the wreckage and set camp nearby
(D. Always stay nearby after a crash. That way, you have a better chance of being found if a search and rescue crew comes.)

Q.3) Which water source is the cleanest?

A. Lake B. Pond C. River
D. Spring

(D. Springs are the cleanest water source, giving you the smallest risk of ingesting bacteria or viruses.)

Q.4) What should you NEVER do if you can’t find a fresh water source in the wild?

A. Collect and drink salt water
B. Collect and drink rain water
C. Collect and drink morning dew D. All of these
(A. You should never drink salt water. It will only further dehydrate you.)

Q.5) How do you purify an unclean water source?

A. Use your clothing to strain the water B. Boil it C. Leave it in the sun D. All of these
(B. You should boil all unclean water.)

Q.6) In general, where does the sun rise and set?

A. The sun rises in the North and sets in the South B. The sun rises in the East and sets in the West
C. The sun rises in the South and sets in the North D. The sun rises in the West and sets in the East
(B. In general, the sun rises in the East and sets in the West. In the winter, it will rise further to the South and in the summer it will rise further to the North.)

Q.7) What should you do if you or someone you know is stung by a jellyfish?

A. Ice it B. Pee on it C. Use hot water D. Cold rinse
(C. Remove the tentacles using salt water with tweezers, a credit card, or a stick. Then soak the infected area in the hottest water you can stand.)

Q.8) Which items should be in your survival kit?

A. All of these B. Bottle of fresh water C. Waterproof & windproof matches D. First-Aid Kit
(A. Your survival kit should include all of these items.)

Q.9) After an earthquake, how long should you be prepared to survive on your own?

A. 3 days B. 1 month
C. 2 weeks D. 1 week
(D. Up to 2 weeks on your own.)

Q.10) How many blasts, whether it’s of a gun, a flare gun or even a whistle, is the universal signal for distress?

A. 2 blasts B. 1 blast C. 5 blasts
D. 3 blasts.
(D. The universal sign of distress is 3 blasts.)

Source: kidsworld.com



CHECKLIST: 10 LIFE SKILLS BY AGE 10



1) Doing the Laundry:

Parents should begin laundry training by age 6.

2) Planting a Seedling:

Lots of preschoolers learn to plant seeds in class but not how to transfer

sprouts into a garden. Growing your own plant is an essential life skill now.

3) Wrapping a Gift:

Start them young so that by age 10 they know how to wrap gifts on their own, including rationing the paper.

4) Hammering a Nail:

Start with a small

hammer and softer wood. Hold the nail first and by age 10 they should know how to hammer nails.

5) Writing a Letter: Get kids to start early by dictating letters. By age 10 they should have at least one pen pal.

6) Preparing a Simple Meal: There are many fireless cooking videos.

7) Navigating: Set up treasure hunt to get them to know about navigating minus technology. When you do step out for outings, get kids to lead the

way by reading maps.
8) Treating a Wound: Teach your child from a young age how to handle injuries. They should know how to administer basic first aid.

9) Cleaning the Bathroom: Keep rags or a sponge handy for wiping toothpaste blobs. Toilet duties require greater skill.

10) Comparison Shopping: Teaching kids to be smart consumers takes practice. But they should know how to read labels and compare prices.

Source: parents.com



THIS WEEK, I LEARNT...



Upskilling

If you haven’t really heard this term being

banded about in the last few months, have you even been reading the papers? Upskilling is the new buzzword in the job market – in addition to skilling and reskilling. It all starts with skilling. It’s the basic skills you have for doing a job. Then comes reskilling. Thanks to most places going digital, some jobs are going to become less relevant while others are going to suddenly become crucial.

Reskilling is retraining existing employees. And the word for 2020 is upskilling. Unlike reskilling, this involves training people up but keeping them in the same roles, rather than fundamentally changing their job profile. Upskilling is the process of teaching employees new skills that will aid them in their work. It fills this skill gap through ongoing training. Ways to upskill are through... virtual or online courses; mentoring and shadowing; “lunch-and-learn” sessions;

and microlearning. Thanks to the lockdown, it hasn’t stayed a workplace trend and many people are upskilling on their own to adjust to what we now call the ‘new normal’.





THE TIMES OF INDIA

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STUDENT EDITION

MONDAY, AUGUST 3, 2020



WEB EDITION

I RECOMMEND

MAKING MATHS EASY

SUSHI MONSTER FREE

Aimed at improving the kids' math fluency and speed in addition and multiplication, the Sushi Monster has levels (seven for addition, five for multiplication), which includes 14 problems. Students can dedicate 10 minutes a day to improve their math fluency. Numbers appear on sushi plates, and are fed to a "sushi monster." Players are given a series of products and sums.

MONSTER MATH FREE ANDROID

Customise this fun math app to learn anything— from grade one math to grade five, including multiplication and division.

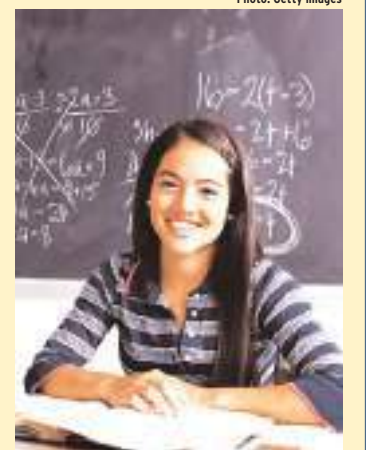


Photo: Getty Images

PRODIGY KIDS: MATH GAMES FREE + MEMBERSHIP UPGRADES

ANDROID

For kids aged 9 and up, this gamified, adaptive math app, lets kids earn points, have battles, go on quests, and learn maths. Two big selling points are that you can work at your level, and play with friends!

SPLASH MATH 3RD GRADE FREE

The Splash Math apps always provide great games for each math concept. If you get something wrong, they tell you the correct answer. That way you're not doing it incorrectly over and over again.

MATH NINJA TIMES TABLE FREE

ANDROID

Become a ninja and work your way through the times tables, fighting and learning from mistakes.

MATHTANGO FREE

Starting with addition and continuing through multiplication and division, this gives kids missions and games, so that they can build an island or a star base, filled with (cute) monsters and robots

VIEWPOINT

Photo: Getty Images

AI will be SMARTER THAN HUMANS within 5 years: MUSK

Tesla CEO Elon Musk has claimed that Artificial Intelligence (AI) will be 'smarter' than any human, and would overtake us by 2025. "We are headed towards a situation, where AI will be smarter than humans, he said, adding that the time frame is less than five years from now. However, it doesn't mean that everything goes to hell in five years. It just means that things get unstable, the Space X CEO said.

WHY MUSK FEARS AI

- He described AI as an 'existential threat' to humanity. "I think we should be very careful about AI. If I were to guess like what our biggest existential threat is, it's probably that," he said.
- In 2016, Musk had said that humans risk being treated like house pets by AI, unless a technology is developed that can connect brains to computers

MUSK IS NOT ALONE IN SOUNDING THE ALARM

➤ AI scientists at the Oxford, the UC Berkeley, luminaries, like Stephen Hawking, and many other researchers, agree with Musk that AI could be very dangerous. They are concerned that we're eagerly working towards deploying powerful AI systems, which we might do so under conditions that are ripe for dangerous mistakes

➤ Nick Bostrom, in his book, 'Superintelligence' has said that a badly-designed AI system will be impossible to correct, once deployed. "Once unfriendly superintelligence exists, it would prevent us from replacing it or changing its preferences. Our fate will be sealed," he warns

➤ AI systems could rapidly develop unexpected capabilities – for example, an AI system that is as good as a human at inventing new machine-learning algorithms, or automating the process of machine-learning work could quickly become much better than a human, he adds

LET'S DEBATE

Q IS AI AN 'EXISTENTIAL THREAT' TO HUMANITY? Share your views at

toiniet75@gmail.com / timesniet75@gmail.com

NEP a major step to enhance access to quality education: Vice President



Vice President M Venkaiah Naidu has expressed happiness over the New Education Policy (NEP) 2020, and called it a major step forward to enhance access to quality education for children and the youth. Welcoming the emphasis on a holistic, learner-centric, flexible system that seeks to transform India into a vibrant knowledge society, the VP said, it balances the rootedness and pride in India as well as acceptance of the best ideas and practices in the world of learning from across the globe.

➤ The VP expressed happiness over the importance given to the mother tongue at the primary level in the policy

➤ "Diversity and respect for the local context as well as a recognition of the importance of India's classical languages will undoubtedly give learners a holistic world view. The focus of NEP-2020 on ethics and human and Constitutional values would go a long way in the creation of an enlightened citizenship essential for deepening our democratic roots," Naidu said

➤ Calling the NEP-2020's vision as "truly global and essentially Indian", Naidu said that it exemplifies India's timeless quest for welcoming noble thoughts from all over the world

SPACE

Mysterious cloud reappears on Mars

Scientists have claimed that a mysterious giant cloud hanging over the surface of Mars, which was first spotted in 2018, has recently reappeared on the Red Planet. Made of water ice, the elongated cloud sits 19.956 km above the volcano Arsia Mons, and stretches some 1786.372 km in length.



- Scientists say it seems to appear around Mars's southern summer solstice – when the southern hemisphere is hit with a large amount of daylight
- However, experts are not clear why it has formed, how long it will stay, or when it will disappear from the Martian atmosphere ➤ According to Daily Mail, the summer solstice on Mars is similar to the event that occurs on December 21 on the Earth – when the sun is in the southernmost position in the sky
- Researchers have observed that the mysterious Mars cloud expands for three hours in the early morning, and disappears a few hours later

MADE IN INDIA

AT 18-FOOT, 8-INCH, AUSTRALIA ZOO'S 'FOREST' IS THE WORLD'S TALLEST GIRAFFE

A 12-year-old giraffe at the Australian Zoo in Queensland has set a Guinness World Record as the world's tallest, standing at 18-foot, 8-inches. Named, 'Forest', the giraffe was born at the Auckland Zoo in New Zealand in 2007, and was moved to his new home, just two years later. Forest is so tall that he stands head and shoulders over two other giraffes at the Australian Zoo. He is the only male in the herd.



IN THE RECORD BOOK

According to the Guinness World Records, the process of measuring Forest's precise height was not straightforward. Their website mentions that the staff at the zoo had to create a 'specially-marked measuring pole', and rig it close to a hay dispenser close to the giraffe's house



LEONARDO DICAPRIO TO DEVELOP UTOPIAN SERIES 'ISLAND'

Actor Leonardo DiCaprio's production house, Appian Way and In Good Company Films are all set to develop a utopian series, 'Island', which is based on Aldous Huxley's novel of the same name.

ENTERTAINMENT

NEWS IN BRIEF

CLICK HERE FOR MORE

GUINNESS WORLD RECORDS AWARDS CERTIFICATE TO SHAKUNTALA DEVI FOR 'FASTEST HUMAN COMPUTATION'

The Guinness World Records has honoured math genius Shakuntala Devi with the long overdue record title for the 'fastest human computation', four decades after she achieved the feat. The certification was received by Anupama Banerji, the daughter of the late mathematician. The honour came a day before 'Shakuntala Devi', a biopic on Banerji's mother, started streaming on Amazon Prime Video. The film was released on July 31. Directed by Anu Menon, the film stars Vidya Balan in the title role.



The fastest human computation is 28 seconds, and was achieved by Shakuntala Devi by successfully multiplying two randomly selected 13-digit numbers at the Imperial College London, UK, on June 18, 1980

facebook

FACEBOOK IS SET TO FINALLY GET THE RIGHTS TO SHOW MUSIC VIDEOS

Facebook Inc has completed a series of deals for the right to show music videos, according to sources, vaulting the social network into a medium dominated by YouTube. Partnerships with the three largest music companies — Universal Music Group, Sony Music Entertainment and Warner Music Group—are expected to be announced soon, revealed the sources.

TECH BUZZ

➤ Facebook has been looking for ways to increase the video consumption on its service, tapping into a promising market.

➤ Video advertising is often more lucrative than other types of ads, and video-based rival TikTok, owned by China's ByteDance Ltd., has been gaining users at a rapid clip. At the same time, music video consumption has soared on YouTube during the coronavirus pandemic

Last month, Microsoft Corp had announced that it would shutter Mixer, its streaming service for gamers, and moved existing partners on to the Facebook's service, instead

FACTOID 6.7 MN

■ The number of children under the age of five across the world, who could suffer from wasting this year due to the socio-economic impact of the Covid-19 pandemic, the UNICEF has warned. According to the UNICEF, in India, there are still around 20 million children, under five years of age, who are suffering from wasting. According to the Global Hunger Index 2019, wasting among children in India rose from 16.5 per cent in 2008-2012 to 20.8 per cent in 2014-2018

WASTING IS A LIFE-THREATENING FORM OF MALNUTRITION, WHICH MAKES CHILDREN TOO THIN AND WEAK, AND PUTS THEM AT GREATER RISK OF DYING, POOR GROWTH, DEVELOPMENT AND LEARNING

Music COULD BE THE SECRET TO EATING LESS

Listening to slow and steady music while eating, slows down the food intake, a new study suggests. According to researchers, the presence of a downbeat tempo influences how much people scoff their food, because humans have a tendency to subconsciously eat to the beat of the music. When the music played is slow and legato (smooth, flowing), this amplifies the effect, and further reduces the food consumption. Scientists say the findings could be used by the schools or the restaurants as a way to control the amount people consume.

For the study, the food scientists recruited more than 200 volunteers, and secretly recorded them eating chocolate. They timed how long it took for the participants to get through five



THE TEMPO OF MUSIC HAS LONG BEEN LINKED TO THE LEVELS OF EXCITEMENT – A QUICKER BEAT RAISES THE HEART RATE, WHILE A SLOWER RHYTHM INDUCES RELAXATION

➤ The results from these experiments confirm that music could be employed as a contextual cue to modulate eating speed, contributing to healthier eating behaviours, such as eating more slowly, and consuming less food

➤ A longer eating duration could be due to an entertainment effect, where subjects (either consciously or not) align their own chewing rhythm to the beat of the music, thus resulting in chewing slower, when listening to slower music and vice-versa

pieces of chocolate. When eating in silence, the average amount of time it took was 24 seconds. When upbeat music of 180 beats per minute was played, the people took 10 seconds longer to eat all the snacks. However, when played slow

music, at just 45 bpm, the eating speed went down again, this time taking a further four seconds to devour all the chocolates.

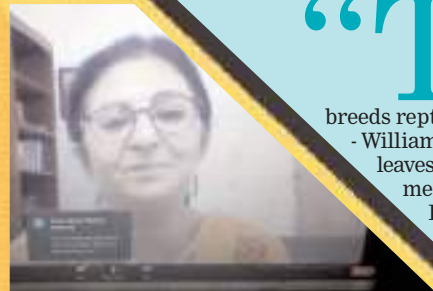


Photo: Getty Images

METAMORPHOSIS

From a caterpillar to a butterfly

Session on Role of Liberal Arts



Delhi Public School- Bopal in collaboration with Krea University organized a webinar - "Role of Liberal Arts in Industry 4.0" recently for senior students. Kanchi Khanna, Director Outreach at Krea University was the chief speaker of the session.

Kanchi began her presentation by stressing upon the uncertain and volatile future job market. She focused on the modern workplace for

millennials and Gen Z. She shared 7 skills that are to stay and said that learning will always continue in a reskilling revolution. She shared that liberal arts education provides a broad base and foundation leading to human capacity enhancement. While degrees like BASc are indicators of education opening up and allowing students to explore Arts and Science courses simultaneously.

The session ended with her

emphasizing on the fact that the liberal arts prepare students to understand and appreciate human ingenuity, imagination, and achievement.

"The man who never alters his opinion is like standing water and breeds reptiles of the mind." - William Blake. This quote leaves a lasting image on me. Especially when I think of this horrific pandemic in virtue of which I've

changed so much. Changing is the need of the hour, it is painful, but nothing is as painful as staying stuck somewhere you don't belong.

These trying times have changed how I perceive time. All the free time that I've got provided me with some self-reflection and I realized I'm just a slave of time and that I need to start living in the moment.

Seeing all the destruction due to Coronavirus has shaken me to the core and now I have a newfound respect for life. I have nurtured my spiritual side to connect to my higher self to find the inner strength to deal with this crisis. Health is wealth. Every single achievement loses its importance if we are not in the health to enjoy it.

We have big egos and a false sense of pride. People are more concerned about their societal images rather than focusing on their inner self and their dear ones. Now I count my blessings and am thankful to have all my people, by my side, in good health.

I love how my education hasn't halted and I continue to receive the same level of knowledge in my online classes.



I am so surprised how little we need for sustenance; all the worldly possessions are mere tokens, all we need is food, water, love, and support to thrive.

Quiet reflection is often the mother of deep understanding, maintain the peaceful nursery enabling the stillness to speak. This tranquil encounter with myself has completely transformed my soul. "When the caterpillar thought it was the end of the world, it turned into a butterfly". My time as a caterpillar has expired, my wings are ready to fly.

LOCKDOWN DIARY

Screenagers & their Digital Health

Lockdown and social distancing leading to Digital footprints and Digital Detox as the key!

Let's face it Lockdown, Social Distancing, and Coronavirus fear have made us more exposed to the World of Screen. To distract ourselves, online education, for gathering information or for that matter entertainment-screen time has increased. In fact, by now many of us must have shown our entire house in various videos or in selfies. But before we start leaving more Digital footprint or get addicted



let's begin Digital Distancing.

Few Smart and Simple Tips for Health/Detox

THE 20-20-20 RULE: Use 20-20-20 rule to give a break to your eyes and reduce eye fatigue: Every 20 minutes take a 20-second break and focus your

eyes on something at least 20 feet away.

- Turning off notifications
- Say NO to digital at mealtimes
- Digital 'NO ENTRY' Zones - eg. bedroom, bathroom or kitchen

- 'Digital Lockdown' for you and your family like set a lockdown time like no digital device from 10 pm to 6 am.

Smita Ghosh, Counsellor, Anand Niketan School, Satellite

Yellow day celebration

Yellow is the colour of optimism, glory, sunshine, and happiness. It stands for freshness, positivity, intellect, and joy. The motive of celebrating "Yellow Day" was to make the students aware of the colour yellow, its significance, and to develop the fine motor skills in them. Delhi Public School Gandhinagar celebrated this day for the students of Nursery recently. The OVC class was ornamented with all yellow colour objects like yellow capicum, sunflower, lemon, etc. The day began with the introduction of various objects related to yellow colour. Students and teachers were



dressed in different hues and tints of yellow. It was indeed a visual treat to see the little angels dressed in yellow. They also brought yellow objects and spoke a few lines about it. Students learned to make an umbrella using yellow colour paper and straw. Overall it was a great learning experience.

MY SISTER AND I

My sister is my best friend. I share with her everything. On Sundays I and my sister sit by Sun and play, on Friday evening we talk a lot and on Saturdays, we watch our favourite TV shows. Our favourite game is hide and seek and we love painting. She is cute, beautiful, loving, kind, lively, and cheerful. I love my sister very much.

HIRVA GANDHI, student, Siddharth's Miracles School



Picture used for representational purpose

Students celebrate bond with Nature!

Students from Grades I - XII of Delhi Public School Jammagar celebrated World Nature Conservation Day recently and shared their thoughts through a unique digital online campaign. The main aim was to create awareness to safeguard the resources that the Earth has bestowed on us and the need to ensure their long-term protection. Principal S.K Verma encouraged the budding precursors to take this wonderful initiative from their home.

The young environmentalists expressed their views online through impressive speeches, slogans, posters, and poetry. By taking this one step ahead, they proved that nothing could dampen their spirits in saving



the environment and urged all to join hands and make a conscious effort to contribute to the local, national, and global efforts in conserving nature.

This initiative at the school level would definitely add on to keep our nature safe, ensuring a healthy, productive environ-

ment stabling the societies and guarantying the well-being of present and future generations. The program was well initiated and planned under the able guidance of the Headmistress, Ruma Mazumdar, and the staff members of DPSJ.

Young minds go the creative way!



Jeetansh Rawat, Class V, DPS, Gandhinagar



Jainam Patel, Class II, Mother Teresa World School, Vadsar

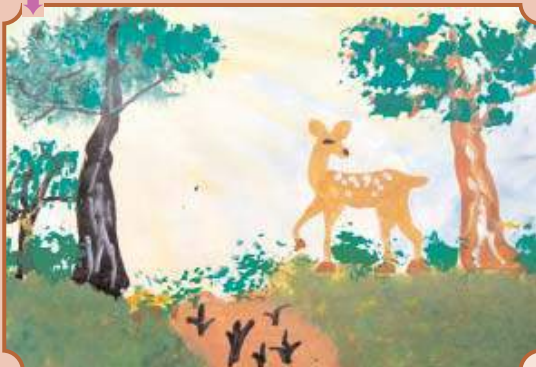


Aritra Chauhan, Class I, PIS, Gandhinagar

Navya Jain, Class I, Podar International School, Gandhinagar

Painters' Gallery

Rishit Savaliya, Class V, DPS, Rajkot



Annlin Chirayath, Class VIII, Zebur School For Children



Rajeshwari Brahma, Class VIII, Shanti Asiatic School



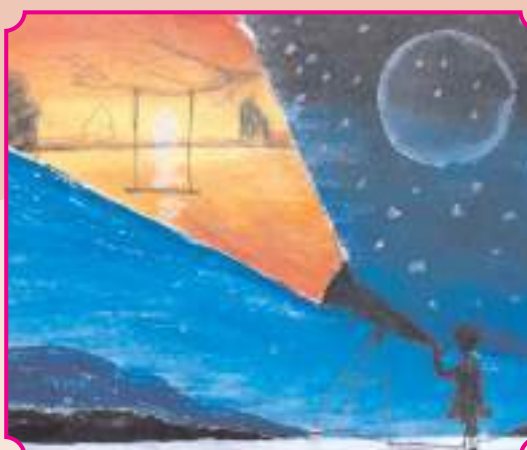
Devanshi Prajapati, Class VIII, St. Xavier's Loyola hall



Rutvi Patel, Class IX, St Kabir School



Palash Shah, Class VI, Udgam School For Children



Atharva Mandlik, Class III, Euro School

Anushka Chauhan, Class VIII, Zydus School for Excellence



ODE TO THE PEN

'Thunderstorm'



A ray of hope, I longed to see
In the midst of the never-ending misery.
The winds were howling, The trees were fighting
The thunder was crackling, And I was drowning....
Drowning, not in the droplets of water that trickled all over me;
But in the hate, they gave, The words hit like stones and hard rock, Every aspect of me, was available to mock.
My umbrella was gone, Not a single roof in sight
I searched for warmth everywhere
I swear I searched with all my might.
I collapsed, It was a blur, I was soaked in the rain
Caught up in a tempest, I lay down in the mud
Let my eyes get some rest. A white cloud, Was I dreaming?
An uproar all around me, But above was the Sun
It was time for me to reform, I stood up, fought back
The demons in my head were stuck in this hurricane
While i stood smiling, In the eye of the storm.
RHEA MEHTA, Class XI, Ahmedabad International School



THE TIMES OF INDIA

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NATIONAL EDUCATION POLICY 2020

MAJOR REFORMS IN SCHOOL EDUCATION, LESS EMPHASIS ON BOARD EXAMS

The Union Cabinet on Wednesday approved the New Education Policy (NEP 2020), and renamed the HRD ministry as the education ministry

THE FOCUS

- 1 The policy has focused on making Board exams less stressful, with no high stakes to it. There can be a modular system introduced, and can be held twice. Board exams can be divided into two: objective and descriptive, with focus on application, and discourage rote-learning
- 2 All students will now take school examinations in Grades III, V, and VIII, which will be conducted by the appropriate authority. **Board exams for Grades X and XII will be continued**, but redesigned with holistic development as the main focus. The changes will be implemented from the 2021 academic session
- 3 There will be a holistic report card prepared for the child, which will have three kinds of assessment. First, the child will assess his/her performance. Second, by the classmates, and third, by the teachers. The report card will have the knowledge of the skills the child has acquired over the years in the school
- 4 Restructuring of the school curriculum and pedagogy will take place in a 5+3+3+4 design. Foundational state of 3 and 2 years would include play school, and Grades I and II; Preparatory stages: Grade III to V, Middle school: Grades VI to VIII and Secondary stage: Grades IX to XII



THE GOALS

- The policy gives nod to the global universities to set up campuses in India, and a complete overhaul of the regulatory system in higher education, besides suggesting that standalone technical institutions become multi-disciplinary.
- It seeks to achieve 50% and 100% gross enrolment ratio in higher and school education by 2030, and increase government's investment on education by up to 20% in the next 10 years.

EDUCATORS REACT

- ➔ It is a holistic policy that has been framed keeping in mind multi-disciplinary education. The easing of pressure from the Board exams by testing actual knowledge and logical thinking of the kids is a welcome move, as it will discourage rote-learning and rat race for marks. **BANDITA ROY**, VP, CPS Mundra, Ahmed
- ➔ The policy signals the government's intent to implement sweeping reforms in the education system. The move to reintegrate school dropouts into the education system, and the emphasis on mother tongue, classical languages and physical skills is laudable. **COL (RETD) GOPAL KARUNAKARAN**, CEO, Shiv Nadar School
- ➔ The policy looks very informative. The initial years are crucial, and the policy has taken consideration on that area. However, it needs to be seen, how it is implemented by various Boards. **KAMAL PREET KAUR**, Senior teacher, City Montessori School, GN2, Lucknow
- ➔ The NEP 2020 will bring about uniformity in our existing education system. It is also student-friendly, as it gives the students the scope to pursue their field of interest and learning, without additional pressure on them. **KIRANMAI C**, teacher, MES Kishore Kendra, Bengaluru
- ➔ The NEP has an inclusive and balanced outlook, which gives emphasis to arts, culture, creative, STEM courses, in addition to blended, multi-disciplinary, and immersive learning as well as augmenting digital learning. **SHARAD MEHRA**, CEO Asia Pacific, Global University Systems (GUS)

STUDENT EDITION

FRIDAY, JULY 31, 2020



WEB EDITION

I RECOMMEND

5 REASONS WHY YOU SHOULD LEARN MULTIPLICATION TABLES

1 LEARN ONE, OTHERS SEEM EASIER: By starting with smaller tables and building up, you will learn the number rules, which will make learning other tables much easier. For example, once you know your 2 times table, you can learn your 4 times table simply by doubling the answers!



2 YOU COULD DO MENTAL ARITHMETIC: Memorising times tables makes it far quicker and easier for you to work out maths problems in your head. This will help you to solve questions, involving multiplication, addition, subtraction and division in their head, making the act of memorising multiplications a very worthwhile cause!

3 HELP UNDERSTAND OTHER CONCEPTS: Beyond memorising times tables, learning and understanding how they work can do wonders for building your knowledge of important mathematical concepts. These include, fractions, percentages and even shape. For example, using visual representations of times tables (such as counters) can help you to visualise the role of sequences, addition and fractions

4 THEY CAN BE USED IN REAL LIFE: Knowing times tables isn't just useful for weekly multiplication tests - they also come in handy outside of the classroom! How much would it cost to buy three comics which cost ₹ 20 each? Simply calculate 3 x 20! Or how many chocolates are there in total, if my four friends have five each? Work out 4 x 5! The possibilities are endless.

5 INCREASES YOUR CONFIDENCE! Perhaps most importantly, memorising the tables will give you the confidence in your own skills.

This confidence will help you ace the SATs or other assessments

BLAST FROM THE PAST

Scientists revive microbes from 100 million years ago

Scientists have successfully revived microbes that had remained dormant at the bottom of the sea, since the age of the dinosaurs, allowing the organisms to eat and even multiply after eons in the deep. Their research sheds light on the remarkable survival power of some of the Earth's most primitive species, which can exist for millions of years, with barely any oxygen or food, before springing back to life in the lab.



A team led by the Japan Agency for Marine-Earth Science and Technology analysed ancient sediment samples deposited more than 100 million years ago on the seabed of the South Pacific, which is renowned for having far fewer nutrients in its sediment than normal, thereby making it a far-from-ideal site to maintain life over the millennia

Previous studies have shown how bacteria can live on some of the least hospitable places on the Earth, including around undersea vents that are devoid of oxygen

MADE IN INDIA

GOVT LAUNCHES 'MAUSAM' APP FOR WEATHER FORECASTS

The ministry of earth sciences has launched a mobile application, 'Mausam', for the India Meteorological Department (IMD), which is designed to communicate the weather information and forecasts to the public. Using the app, the public can access forecasts, radar images, and be proactively warned of the impending weather events.



- Mausam' has services, such as Nowcast, which will give three-hourly warnings of localised weather phenomena and their intensity issued for about 800 stations, and districts of the country by the State Meteorological Centres of IMD
- Apart from this, as a warning in case of approaching dangerous weather, alerts will be issued twice a day for all districts for the next five days in colour code (Red, Orange and Yellow) to warn citizens

NEWS IN BRIEF

[CLICK HERE FOR MORE](#)

KASHMIR SAFFRON GETS GI TAG

ECONOMY



The world-famous Kashmir Saffron has now got the prestigious geographical indication (GI) certification from the government of India to certify its authenticity and world class prominence. This is the first major step to put Saffron produced in the Valley on the World map with authentication. With the GI tag, Kashmir Saffron will acquire more prominence in the export market, and would help the farmers get the best remunerative price, feel experts.

GI certification enables those who have the right to use the signs in order to prevent the third parties using the sign. This GI certification would also stop the prevalent adulteration of Kashmir Saffron; authenticated Saffron will fetch much better prices



INDIAN-ORIGIN AUTHOR AVNI DOSHI ON 2020 BOOKER PRIZE LONGLIST

Dubai-based Indian-origin author **Avni Doshi** is among the 13 authors, longlisted for the prestigious 2020 Booker Prize for her debut novel, 'Burnt Sugar', alongside double Booker winner Hilary Mantel for 'The Mirror and The Light'. The so-called, 'Booker Dozen' was unveiled on Tuesday.

BOOKS

ICC RANKINGS: KOHLI, ROHIT MAINTAIN TOP TWO SPOTS



SPORTS

Indian captain Virat Kohli and his deputy Rohit Sharma continue to occupy the top two batting spots in the ICC ODI rankings, while pacer Jasprit Bumrah stayed put in second place among bowlers in the latest list. With 871 rating points, Kohli is at the top, followed by Rohit (855) and Pakistan's Babar Azam (829). In the bowlers list, Bumrah (719) is behind New Zealand pacer, Trent Boult (722), while Afghanistan's Mujeeb Ur Rahman (701) occupies the third spot. Ravindra Jadeja is the lone Indian to feature in the top 10 all-rounders rankings at the eighth spot. Afghanistan's Mohammad Nabi is leading the pack in this category.

Teach children to navigate through fake news: Vice Prez

To deal with the menace of circulation of fake news, Vice President M Venkaiah Naidu has emphasised on the need to teach children to navigate through misinformation and fake news infesting the media landscape. Addressing young participants at the 'Times Scholars Event' through video conferencing, the VP asked the participants to develop the ability to analyse, and the courage to accept the truth, and discard the lies.

CELEB TALK

VP'S TIPS

- A well-read student is definitely better prepared to overcome the challenges in life. So, **read as much as you can**
- **Aim high and dream high.** You can only realise your dream through self-discipline, hard work, sincerity and perseverance
- **Do not get disturbed by the events**, which are beyond one's control. Develop a strong emotional quotient, and the ability to weather the ups and downs in life



Global warming may unleash Asian monsoon fury: Study

As the world braces itself for the impact of climate change, a latest research has revealed that global warming means more rain for Asian monsoon regions, which can be devastating for countries, like India, in the form of more floods.

The over-a-month-long devastating flood in Assam this season continues to remain grim, with nearly 100 deaths and 26.37 lakh people already affected. Nearly 10 lakh people are left distressed in Bihar

ENVIRONMENT



➔ Researchers from the Tokyo Metropolitan University simulated 30 years of global warming to show significantly elevated levels of precipitation in the monsoon "trough," a zone spanning northern India, the Indo-China peninsula and the western parts of the North Pacific, with tropical disturbances, such as typhoons, and concentrated water vapour playing key roles

➔ The effects of the monsoon season in Asia can be devastating. Examples include the 2018 and 2020 floods in western Japan and the east Asian countries. The region is home to a large population, and the monsoons are a major driver of global water cycles

FACTOID 6,940

Entries have been received for the 'AatmaNirbhar Bharat App Innovation Challenge', which was launched by Prime Minister Narendra Modi, earlier this month. The category-wise breakup of the apps submitted, include 1,142 under business category, 901 under health and wellness, 1,062 e-learning, 1,155 social networking, 326 games, 662 under office and work from home category, 237 news and 320 under entertainment category. Around 1,135 apps have been submitted under the others category



Steps to become your child's bestie!



There's no bond as beautiful and strong as friendship. Friendship, to a large extent, moulds a child's behaviour and character. That's why you should always be careful about the kind of friends that your child chooses to be with. So becoming your child's best friend yourself always sounds like a very good idea. It's a great way to inculcate good habits and helps you to understand your child better. Here are a few ways you can try to be your child's best friend

1 PLAY WITH THEM: There's no child who does not love to play. If your child loves a game that requires another partner, never think twice before becoming that partner. It will not only help him see you in a new light but also bridge any gap in your mutual relationship.

2 WATCH MOVIES TOGETHER: Children love their movies. From animation to adventure, depending upon their taste, they have a long list of their favourite movies. Watch as many as you can with them. It will make them think that you share their taste in movies.

3 TAKE THEM TO THEIR FAVOURITE PLACE: Outdoor activities may be a bad idea now. But do ask your children about a place they would like to visit in the near future. Help them plan this trip. Also, let them plan a holiday. You can put forward some options, but always let them make a choice. It tells them that you value their opinion and preferences.

4 INVOLVE THEM IN DAY TO DAY WORK: A lot of things happen in a home every day. Let your child be a part of it. Ask them how they want to help you. Take them out for grocery shopping or have them help you clean the house. This way you will be able to do something and spend some time together.



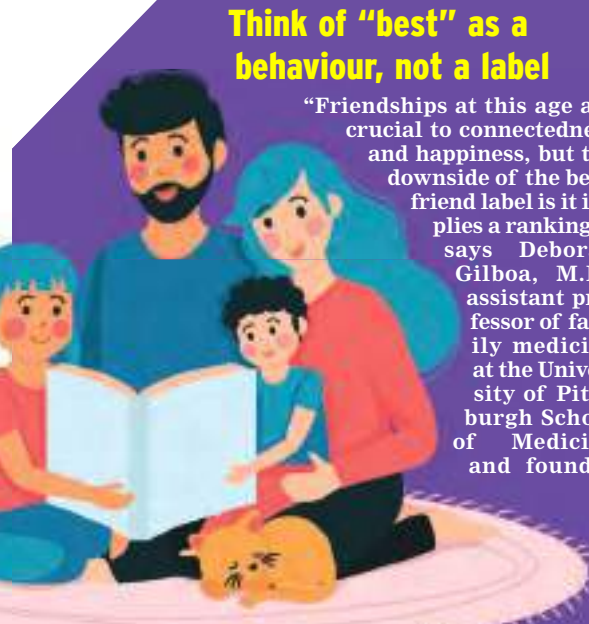
5 APPRECIATE THEIR EFFORTS: Children feel really good when their efforts get appreciated. If you want to be their best friend, keep appreciating them whenever they do something good. It will fill them with confidence and they will keep up the good work too.

6 COOK THE FOOD THEY LOVE: If you want to be your child's best friend, the route to take is via their stomach. Often cook the food they love the most. Share the recipe with them and involve them in the cooking process. Eat it together and tell them how good their choice of food is.

7 DON'T JUST ASK, SHARE: Right from 'how did the school go' to 'who's that friend

of yours', parents ask a lot of questions. It's time to give it a break and start sharing with them. Tell them how your day was when you get a chance. Talk about what you like, how you were at different things when young, and anything that you think they will listen to.

8 LEAVE THEM ALONE: Though you always feel the need to keep an eye on your child, it's sometimes better to leave them alone. Children, no matter what age they are, need their space. So once in a while just leave them alone and let them be on their own. **A blog by nurtury.com**



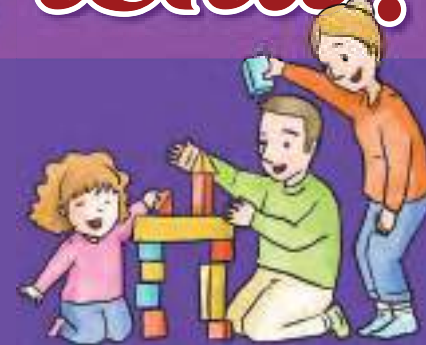
Think of "best" as a behaviour, not a label

"Friendships at this age are crucial to connectedness and happiness, but the downside of the best-friend label is it implies a ranking," says Deborah Gilboa, M.D., assistant professor of family medicine at the University of Pittsburgh School of Medicine and founder

Whether your child has a BFF, wants one, or isn't yet clued in to the concept, these tips will help you teach her what true friendship entails.

There are pros and cons to having a best buddy. Help your child navigate the relationship

Is your kid ready for a Best friend?



change as kids grow, switch classrooms, or move to another town.

of AskDoctorG.com. If your child mentions best friends, take the opportunity to talk about how they should be the best friend they can be as opposed to focusing on which friends they like best. "This is a chance for you to explain the role of a friend." For instance, good buddies have fun together, respect each other's feelings, and try not to be mean. Help your child understand that even if he calls someone his BFF, he doesn't always have to agree with that friend, accept unkind behaviour, or play only with him.

Give your child space to experiment

The skills your child develops now will help them navigate relationships later in life. "Close friendships are a wonderful emotional resource for children because they provide a sense of security, teach empathy, and offer a chance to learn conflict resolution," says 'Parents' advisor Wendy Mogel, author of 'The Blessing of a Skinned Knee'. Rather than meddle in your child's social life, give her the freedom to figure out how to handle some of the ups and downs of relationships alone. Remember that early relationships

Be prepared for breakups

If your child gets "dumped" by a friend, allow them to grieve. If they want guidance, help brainstorm ways to handle the situation. Out of anger, your child may say, "I want to tell him/her that I hate them." Don't instantly discard a bad idea. Act it out to show your child how the other person might react. They will see that some ideas can yield better results than others. You will teach them to shift focus from "What do I want to do?" to "What is the result I want?" Suggest they set small goals to help them move on, like inviting another friend over or sitting with a different classmate at lunch.

Excerpt from Parents Magazine

WHAT'S HOT!

STAY GROUNDED

Sleep better and reduce inflammation in the body with 'Earthing'



supriya.sharma2@timesgroup.com

Researchers say that our lifestyles, including wearing heavy-soled shoes, working indoors and travelling by car have cut down our earth-body connections and this may be responsible for increased levels of chronic illness. In urban centres, we are fast losing touch with the Earth and its healing properties. Everything is so sanitised that there's no room for 'raw' and 'natural'. Grounding or Earthing therapy stems from this reality. It has been seen that connecting yourself with the Earth's natural energy, by walking barefoot on sand, grass, dirt or rock can lessen long-lasting pain, tiredness etc. In short, the moment your bare feet or skin comes in close contact with the Earth, free electrons are taken up into the body. These electrons are nature's biggest antioxidants and aid in neutralising body's harmful free radicals.

Cure for insomnia?

According to long-time earthing leaders, when the charges in the body are not balanced, our biological processes are impacted and can create issues such as inflammation, anxiety, insomnia, and other resulting conditions. Earthing brings about that balance by using our bodies' positive charge against Earth's trillion-megawatt negative charge. Earthing is a natural sleep

OTHER WAYS

EAT RIGHT: Consume as many fresh vegetables as you can, particularly root vegetables growing under the soil that carry sturdy earth energy. These will be foods like potatoes, sweet potatoes, carrots and ginger. Other grounding foods include avocado, mango, papaya, grapes, olives, berries, coconuts, figs, melons. For flavouring, use warming spices such as ginger, nutmeg, garlic.

SALT BATH: Salts comprise natural healing components just as water does, so when you combine them in a warm tub, you take cleansing to a spiritual level.

GET DIRTY: Working with soil or clay helps in grounding. Gardening, is a wonderful grounding activity!

— Inputs from fitness expert Shalini Bhargava



aid that can facilitate in resetting your body clock, thus breaking down the insomnia cycle. In the first place, it has been associated to augmented melatonin levels which make it almost effortless to fall asleep at night. Apart from refining sleep patterns, the process of grounding helps in reducing chronic pain.

Kinds of Earthing

Outdoor Earthing: Taking a walk outside barefoot is the easiest and most inexpensive way to ground yourself or practice the earthing technique. If you are near an ocean or swimmable natural water, that is even better. To work effectively, the skin should be in direct contact with rock, dirt or water.

Indoor Earthing: You can always get some of the similar results even by staying indoors. An earthing mat can be placed under your arms or below your feet while you are working on a computer to decrease the number of electric and magnetic fields that you are being exposed to.

Emotional Earthing: Earthing also affects emotional health. It has also been researched that grounding recovers mood, diminishes stress, and soothes the mind.

TEST YOURSELF

HISTORY MYSTERY



PATTACHITRA

1 Pattachitra is a scroll painting done on cloth. It is one of the oldest and widely practiced painting styles of Odisha and West Bengal. The pattachitra painting is a mix of both folk and classical designs. Most of these paintings depict stories of Hindu gods and cultural beliefs. Flat design and pointed facial features are common in this style. A pattachitra is incomplete without a vibrant border. It is believed that pattachitra originated in the 12th century with the beginning of Lord Jagannath traditions.

Q. What does the above Pattachitra depict?

Ans.: This is a pattachitra of Balaram, Subhadra, and Lord Jagannath.



CHARIOT, HAMPI

2 The iconic chariot was built by the Great King of Vijayanagara, Shri Krishna Deva Raya during the 16th century. It is said that the king got fascinated with the Konark Sun temple chariot while fighting a battle in Odisha, and wanted one of that kind in his empire. The Chariot is actually a shrine dedicated to Garuda, which you see inside the complex of the Vijaya Vittala temple. There used to be a massive sculpture of Garuda seated atop the chariot but now, it is a ruin. Inspired by the Dravidian style of architecture, the chariot is a colossal structure that shows the skill of the earlier craftsmen and architects.

Q. Other than Stone Chariot at Hampi, where are the other 2 famous chariots located.

Ans.: Konark (Odisha) and Mahabalipuram (Chennai)

Content and pics by 'History Diaries'. Co-founded by IIT-Delhi alumni, it is an initiative to make history interesting, engaging and relevant, transforming the way it is being taught in schools

Quiz time



MIXED BAG

Ovipsha Dasgupta, class XI, The Heritage School, Kolkata

Q.1) Which book is called the 'Mona Lisa' of English Literature?

A. Gone with the Wind B. Wuthering Heights C. Look Back in Anger D. Jane Eyre

Q.2) What are the dots on 'i' and 'j' called?

A. Tittle B. Hyphen C. Asterisk D. Comma



ANSWERS

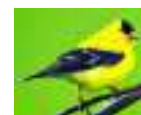
1. B) Wuthering Heights, 2. A) Tittle, 3. A) The Merry Wives of Windsor, 4. B) The Godfather

KNOWLEDGE BANK



American Goldfinch

This is a small North American bird belonging to the finch family. It is



migratory, dwelling from mid-Alberta to North Carolina during the breeding season, and from just south of the Canada-US border to Mexico during winter. The American goldfinch is a granivore and adapted for the consumption of seedheads, with a conical beak to remove the seeds and agile feet to grip the stems of seedheads while feeding.

CHECK YOUR APTITUDE

1) If one-third of one-fourth of a number is 15, then three-tenth of that number is:

A. 49 B. 28 C. 21 D. 54

2) Three times the first of three consecutive odd integers is 3 more than twice the third. The

third integer is:

A. 8 B. 0 C. 15 D. 16

3) Three times the first of three consecutive odd integers is 3 more than twice the third. The

third integer is:

A. 154400 B. 223600 C. 153600 D. 443600

ANSWER: 1. 54 2. 15 3. 153600



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STUDENT EDITION

THURSDAY, JULY 30, 2020



WEB EDITION

FIGHT AGAINST POLLUTION



DISPOSABLE FACE MASKS PLAY SPOILSPORT

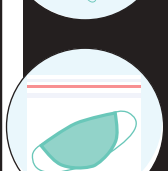
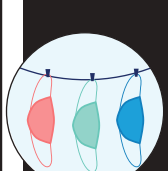
Disposable masks are the 'latest menace' in the fight against plastic pollution, Greenpeace has warned. Stating that the excessive misuse of single-use plastics, especially, the disposable masks and gloves, during this pandemic times have added more pollution to our already over polluted systems, the organisation has urged people to use reusable masks

Experts say a suitable cloth covering, which can be repeatedly washed and reworn, is as effective as a disposable mask, to curb the saliva droplets that may contain the coronavirus

WHY DISPOSABLE MASKS ARE A THREAT TO OUR PLANET



HOW TO DISPOSE OFF MASKS AND GLOVES



1 Put your disposable mask and hand gloves in a bleach solution for 10-15 minutes, as it sanitises them completely. They can then be discarded as a routine waste

outside your house, preferably in a red bin (if available in your locality) that has been marked as 'hazardous waste'

2 Keep your mask and gloves separately in a bin bag (not along with other waste material); discard it in a public bin

3 Used masks can be kept in a paper bag for a minimum of 72 hours, prior to their disposal as general waste

(Inputs by Dr Puneet Bedi and Dr Nidhi Dhawan)

As told to PALLAVI SHANKAR



1 Plastic poses a huge danger to our wildlife and nature, clogging up habitats and often entangling animals

2 Waste from masks also reach the seas, where they degrade into microplastics, which can contaminate the environment and food chains, Greenpeace said

3 Recently, microplastics and man-made fibres from disposable face masks were found in

the guts of sharks, off the Cornish coast

4 Synthetic cellulose, one of the fibres that was collected, is widely used to make clothes and disposable products, such as facemasks

5 Widely available face masks feature a layer of non-woven bonded fabric, commonly made of polypropylene, which gives them a long afterlife, when they are discarded, and can end up in landfill or oceans

(Source: The Daily Mail)

BE THE CHANGE

Let's start a campaign on reusable masks. Please share slogans, posters, cartoons, paintings, videos of less than 2min, or anything that can drive this campaign at

toinie175@gmail.com/timesnie175@gmail.com.

The best entries will be published in Times NIE

Facebook builds solution to spot harmful behaviour of real people

Facebook has created a machine learning solution to train bots to realistically simulate the behaviour of real people on a social media platform, a move that will improve software testing for complex environments, particularly in product areas related to safety, security and privacy.

According to Mark Harman, a research scientist at FB's AI, people's behaviour evolves and adapts over time, it is different from one geographical location to the other, making it difficult to anticipate the ways an individual or a community might respond to even a small change in their environment. So, to overcome this problem, FB researchers have developed the Web-Enabled Simulation (WES).

TECH BUZZ

HOW IT WORKS

- In WES, bots are trained to interact with one other, using the same infrastructure as real users, so that they can send messages to other bots, comment on bots' posts, publish their own, or make friend requests to other bots.
- WES is able to automate interactions between thousands or even millions of bots
- WES deploys these bots on the platform's actual production code base
- The bots can interact with one another, but are isolated from the real users
- This real-infrastructure simulation ensures that the bots' actions are faithful to the effects that would be witnessed by real people using the platform

NEWS IN BRIEF

CLICK HERE FOR MORE

SCHOOL GIRLS DISCOVER EARTH-BOUND ASTEROID



GOOD NEWS

Two teenage girls from Surat, Gujarat, have discovered an Earth-bound asteroid by poring through the images from a University of Hawaii telescope, an Indian space education institute said. The asteroid, presently near Mars, is expected to cross the Earth in about a million years' time, said SPACE India, a private institute, where the two 14-year-old girls received their training. The asteroid, currently called HLV2514, may be officially christened only after NASA confirms its orbit, SPACE India, said. "I look forward to... when we will get a chance to name the asteroid," said Vaidehi Vekariya, one of the girls who discovered the asteroid.

Asteroids and comets pose a potential threat to Earth; scientists discover thousands of them each year. In 2013, an asteroid heavier than the Eiffel Tower exploded over central Russia, leaving more than 1,000 people injured from its shockwave



CHRISTOPHER NOLAN MOVIE 'TENET' TO OPEN IN 70 COUNTRIES

ENTERTAINMENT

Director Christopher Nolan's thriller, 'Tenet', delayed several times by the coronavirus pandemic, will debut in cinemas in over 70 countries on August 26, AT&T Inc's Warner Bros movie studio said. The film will open in selected US cities.

■ 'Tenet' is a science-fiction spy drama, starring John David Washington and Robert Pattinson from the British director of hits, like 'The Dark Knight Rises' and 'Inception' ■ Little has been revealed about the plot. The film had originally been scheduled to debut on July 17



HEALTH Eating foods with green tea extract may reduce norovirus risk

Adding green tea extract to prepared foods may lower the chances of catching the highly-contagious norovirus, say researchers. In a study, the research team revealed that adding green tea extract to a film-forming substance created a safe-to-eat barrier that killed norovirus.

➤ Norovirus is a very contagious virus that causes vomiting and diarrhoea; people of all ages can get infected and sick with norovirus

➤ It's transmitted from person to person, and through consumption of contaminated water and food



New gas signatures in Martian atmosphere found

SPACE

European Space Agency's, ExoMars Trace Gas Orbiter, has spotted new gas signatures on Mars. According to scientists, the latest revelation will unlock new secrets about the Martian atmosphere, and will enable a more accurate determination of whether there is methane, a gas associated with biological or geological activity on the planet. The Trace Gas Orbiter (TGO) has been studying the Red Planet for over two years.

The spacecraft has now spotted never-seen-before signatures of ozone (O₃) and CO₂

➤ The Martian atmosphere is dominated by CO₂, which scientists observe to gauge temperatures, track seasons, explore air circulation, and more ➤ Ozone, which forms a layer in the upper atmosphere on both Mars and Earth, helps to keep the atmospheric chemistry stable. The TGO was able to reveal new details about how Ozone and CO₂ gases interact with light

THE ENDURING BONDS OF FRIENDSHIP

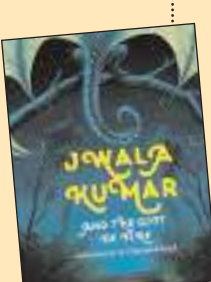
On this friendship day, read books that celebrate our most precious bond

nitya.shukla@timesgroup.com

FRIENDSHIPS THAT ARE OTHER-WORLDLY

JWALA KUMAR AND THE GIFT OF FIRE BY HANSDA SOWVENDRA SHEKHAR

Mohan Chander, a native of Champakbagh, a remote village, rescues a strange creature from a storm, and brings him home. Initially, he and his family are unable to figure out the strange creature, or what it eats, etc. However, soon they realise that this creature, who they name Jwala Kumar, has special powers. Jwala uses his powers to help his human family, but will he stay with them? The book offers an interesting take on extraordinary friendships, the magic and the love shared by Chander and his family with Jwala.



FRIENDSHIP WITH PETS

THE GOPI DIARIES: COMING HOME BY SUDHA MURTY

Ever wondered what do dogs think about? To know, read the adventures of Gopi, the dog. Told in Gopi's voice (woof!) 'Coming Home' is about this lovable dog going to a new home, learning to settle with his new human family. How Gopi sees the world around him, and what he thinks of the people in his life, gives the story its unique flavour.



FRIENDSHIPS THAT OFFER A REALITY CHECK

A CLOUD CALLED BHURA: CLIMATE CHAMPIONS TO THE RESCUE BY BIJAL VACHHARAJANI AND ILLUSTRATED BY AINDRI C

mmi, Mithil, Tammy and Andrew wake up one day to find that a huge, and a very angry, brown cloud has taken over the skies of Mumbai city. As the four friends start finding out more, the cloud, named Bhura Cloudus by the media, containing noxious gases, causes scalding rain to fall, makes birds flee the city and suffocates every living thing. Will they get rid of Bhura? The book is an inspiring story about the havoc climate change can cause to humanity, and the power of enduring friendships.



HAPPY FRIENDSHIP DAY

FRIENDSHIPS THAT BECOME INSPIRATIONS

KOKI'S SONG BY RUSKIN BOND

As a young lad, Bond had to travel to the UK to meet a publisher. On his return journey, the author met and struck a friendship with Koki, a 12-year-old girl aboard the ship, they were on. Hearing that he had no money for chocolates, Koki shared her chocolates with him. Bond would never see Koki again, but she turns up in his stories. In this book, the author takes us on a wonderful Koki, though she doesn't grow old. In 'Koki's Song', we meet Koki and Somy, who show us friendships are a thing of beauty.



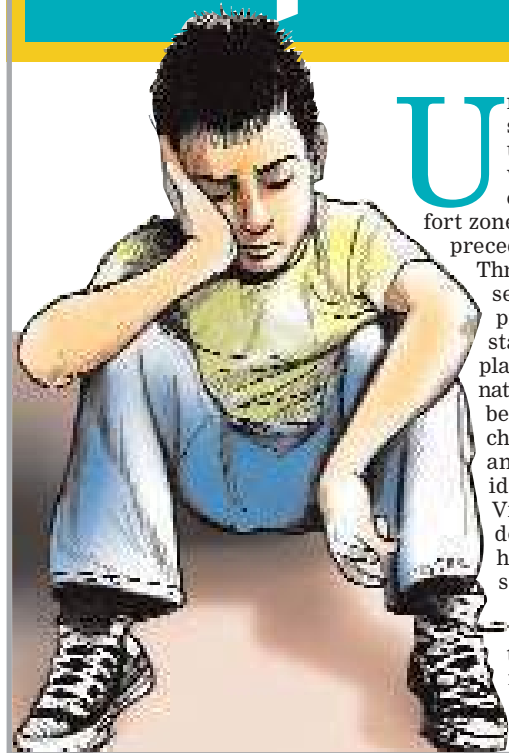
➤ Originally founded by Hallmark in 1919, Friendship Day, was intended to be a day for people to celebrate their friendship by sending cards to one another ➤ The day is, however, celebrated on different dates in different countries. The first World Friendship Day was proposed for July 30 in 1958 by the World Friendship Crusade. On April 27, 2011, the UN General Assembly declared July 30 as the official International Friendship Day

➤ Some countries, including India, celebrate it on the first Sunday of August

Who's your Best Friend? Share your friendship stories with us at toinie175@gmail.com/timesnie175@gmail.com



Unprecedented times require unprecedented measures



Unprecedented, unseen challenges naturally force an individual to be shoved out of her/his comfort zone and bring out unprecedented solutions. Throughout history the series of such unprecedented circumstances, be it wars, plagues, pandemics, or natural calamities; have been instrumental in changing conventions and shaping modern ideas. The Corona Virus and the Lockdown situation that has been on the air since the past few months, we the present generations have never faced anything like this. Even statistically this epidemic

is the worst in world history as of yet. Apart from the medical impact, coronavirus hit many diverse aspects of our lives.

ECONOMIC IMPACT

The world the economy has taken a really bad hit and has been termed as the worst economic depression as of yet. Businesses, MSE's, Retail markets, national economies, GDP's have all seen a horrifying plunge. This has created a major sense of economic insecurity amongst the people.

EDUCATION

All educational institutions have undergone a total shutdown. Even though there has been an attempt to continue with the educational activities and examinations cycle through online interfaces.

MENTAL HEALTH

The lockdown has also affected all of us mentally. After the Covid-19 outbreak, during lockdown 1.0 itself, the Indian Psychiatric Society reported that mental health concerns have escalated by an alarming 20%, with an unprecedented rise in psycho-social concerns. Stress and panic attacks have increased by over 35%. Those with depression or anxiety disorders in remission are seeing a relapse. These stats show us how even those not suffering from the deadly virus are probably in a state worse than those infected.

WAY OUT

Simple things such as sticking to a regular and healthy routine in spite of the lockdown so that everyone knows what the other is doing. Being mindful of each other and our surroundings is crucial as we find ways to listen to or accommodate each other's concerns

AARJAV SHARMA, class XI, Delhi Public School, Bopal

RAIN- DOWNPOUR OF MEMORIES



Rain. One word, four letters, and a bazillion memories. For normal people, it's just the climate, but for romantics, it's an entirely different atmosphere. My Mom and I have been in love with rain since we were born. Isn't it alluring to wear cozy sweats, grab a book, make a hot drink, and sit by your window, acknowledging the rain?

People ask me why I love the rain so much- everything is wet and sticky and at times it is impossible to go out. But these

people do not know the joy of having the first few drops of rain on their cheeks. They don't know how mysterious the sky looks when it is covered with dark, grey clouds.

When I was a toddler, my Mom used to tell me that every time it thundered, God was moving one of his many wardrobes. As I grew up, I got to know how it actually thundered, but I still like to believe what mom told me. I love how it is not very hot, nor very cold when it rains, just the cold wind and its roaring

sound. But something more beautiful about the rain is how nature reacts to it.

Monsoon makes me feel that I'm on an entirely different planet, that is what I love about it. I love how it makes me feel calm, even after I've had one of the worse days possible. Whenever I try to envisage my future, I always see myself living in a place where it rains a lot, in a way, being in touch with myself all the time.

FRIYA A MUNSHI, Class XII, Mount Carmel School

LOCKDOWN DIARY

Minding your Quotients

1. INTELLIGENCE QUOTIENT (IQ): Measure of comprehension ability or reasoning ability. Solving Maths, memorizing and recalling subject matters.

2. EMOTIONAL QUOTIENT (EQ): Ability of individuals to recognize their own emotions and those of others, ability to maintain peace with others, ability to respect boundaries and be humble, genuine and honest.

'Remember IQ may get your foot in the door EQ will determine how far you go.'

3. SOCIAL QUOTIENT (SQ): Measure your ability to build a network of friends.

Ability to sense and feel how other people feels, to know intuitively what and when to say in different social situations. People having 'people skill's'.

People that have higher EQ and SQ tend to go farther in life than those with high IQ.

After all your EQ represents your character and your SQ represents your Charisma.

4. THE ADVERSITY QUOTIENT (AQ): A score that measures the ability of a person to deal with adversities in her or her life also known as the science of Resilience. AQ determines your ability to face

and go through a rough patch in your life and come out without losing your mind. For eg. people

are unprepared for Corona Adversity.

THE NEED OF THE HOUR Do not prepare the road for the children. Prepare the children for the road.

SMITA GHOSH, Counselling Psychologist, Anand Niketan School, Satellite



Ticket to your career

A career Guidance webinar was organized by Oshwal Education Trust Managed Shri L.G Haria School, Jamnagar recently. The webinar provided profound guidance to the students who are juggling to choose the right stream for their Career.

The webinar was wonderfully organized under the leadership of Principal Dhaval Patt and hosted by Events & Activity Coordinator Raj Shah and presided over by Sameer Jha (Faculty member of Career Point) CA Bhavik Dholakia (Faculty member at JVIMS college). The webinar was well supported by Vyomesh Vaidya (Administrator) Bansari Bhatt (PRO) & Kalpesh Parmar (Academic Supervisor).

Through the webinar, both the speakers threw light on the diversi-



fied scope of Science & Commerce, how they are co-related and how the students should choose the right stream for their career, based on the different parameters of life.

The webinar also highlighted the work-life balance and explained how to draw the line between professional and personal life.

The webinar was quite an enriching one and has definitely enlightened all of us.

'Kargil Vijay Diwas observed

Sainik School Balachadi, Jamnagar observed 'Kargil Vijay Diwas' in the school campus on recently, on the 21st anniversary of the victory of the Indian Armed Forces in Operation Vijay against the infiltrating Pakistani troop.

On the occasion, Gp Capt Ravinder Singh, Principal of the school laid a wreath on Shaurya Stambh - the war memorial of martyrs. In the beginning Cadet Shaurya Ray and Cadet Parth Mishra gave a short introduction on Kargil Vijay Diwas celebration through video conferencing.

The event was telecasted live to all other Cadets of the school who are not present in the school due to the Covid-19 pandemic and later Principal addressed the Cadets.

In his address, Principal said that



the best way of paying tribute to the valiant soldiers who laid their lives fighting against the enemy. He further explained the origin of the word soldier and his duties and opined that the soldiers are the true representatives of a Democratic India. He also highlighted the significance of Kargil Vijay Diwas.



National & International competitions, FIZ ROBOTICS had organized an open competition in relation to aeromodelling recently.

The lectures were live through the YouTube channel. Later on, Assignments were given, which the students were supposed to submit within 24 hours of announcing the date. At the end of this exercise, an exam was held to check the concepts learned. The participants were judged upon as-

signments and exams which was conducted. The event was hosted live in May.

Picture used for representational purpose



For this competition, Aakanksha Savjini had made a glider which could fly for 18 seconds with the message and image "Say No to plastic". Her glider also performed 6 amazing stunts. The results were uploaded in June 2020 through various social media platforms.

Finally Aakanksha, a class XII of St. Kabir School, Drive-In New, bagged the first position all over India. She got a certificate of merit and will be soon awarded Rs. 5000+ worth prizes and an Internship opportunity with FRS on projects for her wonderful achievement.

Know NASA

Know NASAThe full form of N.A.S.A is National Aeronautical Space Administration.

Founder: Dwight D. Eisenhower

Founded: 1 October 1958, United States

Headquarters: Washington, D.C., United States
First Launch: A new chapter in space flight began in July, 1950 with the launch of the first rocket from Cape Canaveral, Fla: the Bumper 2.

NASA has over 200 successful crewed missions 2 missions ended with failure causing the death of the whole crew.

Daivik Patel, Class VI, Siddharth's Miracles School, Gandhinagar

Young minds go the creative way!



Deveshi Vora, Class V, St. Xavier's Loyala Hall

Kesha Kinkhabwala, Class VII, Udgam School For Children



Jenil Dalki, Class IV, Zydus School For Excellence



Shlok Radadia, Class IX, St Kabir School

Painters' Gallery

Raxit Pandya, Class VIII, St. Xavier's School, Loyola hall



Aarsh Mehta, Class IX, Udgam School For Children

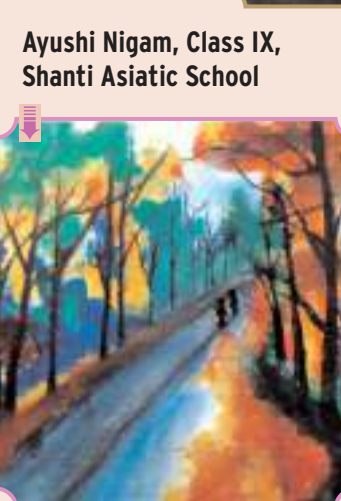


Rutvi Jethawa, Class VI, Zabar School For Children

Priyal Rayani, S N Kansagra School, Rajkot



Ananya Pisharody, Class VI, Siddharth's Miracles School



Ayushi Nigam, Class IX, Shanti Asiatic School



Shloka Desai, Class VII, PIS, Gandhinagar



Jainil Patel, Class VII, SGVP International School



ODE TO THE PEN

The Green Little bird



Jaini Shah, Class VI, C N English Medium School

Once there wondered a green little bird, Sitting in its nest. It wanted to be a flyer, Who is one of the best? It wanted to fly, And wanted to touch the boundaries of the sky. But it had one problem, That it couldn't fly like them. It wanted to fly, But couldn't.

So started to cry, Mommy bird told just to have one try. It flapped it's wings very hard, But just flew a ward away. It tried again and again, But had no gain. But it didn't give up, And with a final flap, It flew Zoom-Zip-Zap. Now the little bird green Became the sky queen.

JIT SHAH, Class VII, Udgam School For Children

When She Sings

She loves to sing when no one can hear, She fades away darkness and fear. She sings 'Hello?' to the sunshine, She lights up the stars of the night sky. She sings when the flowers bloom, She sings when the sorrow looms. She sings the winter away, She sings to the spring every day. She sings when the lady smiles, She sings when the little birds fly. She sings her pain today, She sings her love every day.

SHREYA DAS, Class X, Delhi Public School Gandhinagar



THE TIMES OF INDIA

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STUDENT EDITION

WEDNESDAY, JULY 29, 2020



WEB EDITION

21.2 degrees CELSIUS

FACTOID

The temperature recorded in the Norwegian Arctic archipelago, Svalbard, the highest in 40 years, according to the country's meteorological institute. The island group, dominated by Spitzbergen, the only inhabited

isle in the northern Norway archipelago, is 1,000 kilometres away from the North Pole. According to a scientific study, global warming in the Arctic is happening twice as fast as the rest of the planet.



X-PLAINED

Climate Change in the Arctic region

WHAT. Scientists have claimed that in the past 30 years, the Arctic has warmed at roughly twice the rate as the entire globe. Calling this phenomenon as Arctic amplification, scientists say that this rapid warming is a signal of human-caused climate change. The evidence of the changes in the Arctic climate were first noticed by the environmentalists in the 1980s. Since then, the changes have become more pronounced.

HOW. According to scientists, the climate change has resulted in

the shrinking of the floating sea ice cover of the Arctic Ocean, especially during the summer. Similarly, the snow cover over the land in the Arctic has decreased, which becomes more evident during the spring season.

WHERE. Thanks to these changes, glaciers in Alaska, Greenland and northern Canada are retreating. Furthermore, frozen ground in the Arctic, known as permafrost, is warming, and in many areas thawing. Even the temperatures in Arctic Siberia soared to a record average for June this year.

THE IMPACT

1 The changes in the Arctic climate plays an important role for the rest of the world, as the Arctic acts as a refrigerator for the Earth; it helps in cooling the planet. So, changes in the Arctic climate have effects that cascade through the food chain— from phytoplankton to marine mammals, such as seals, walrus, whales and polar bears

2 Researchers have warned that the changes in the Arctic are worrisome, because melting ice speeds up climate change. In other words, ice reflects sunlight, while water absorbs it. When the Arctic ice melts, the oceans around it absorb more sunlight and heat up, thereby making the world warmer

3 Experts are of the opinion that melting Arctic ice is expected to speed up the sea level rise. They estimate that the oceans will rise as much as 23 feet by 2100, causing floods in major coastal cities, and submerging some island countries

4 The changing vegetation of the Arctic also affects the brightness of the surface, thereby influencing the warming. As the Arctic atmosphere warms, it can hold more water vapour, an important greenhouse gas

ARCTIC ANIMALS

1) _____ are a polar bear's most important prey

a) Arctic hares, b) Guillemot birds, c) Seals

2) To deal with their "fox problem," birds of the Arctic make their nests in the...

a) cliffs, b) ice, trees

3) Polar bears are the only sea ice hunters in the world

a) True, b) False



ANSWERS:

1) C, 2) A, 3) A

NEWS IN BRIEF

CLICK HERE FOR MORE

MOST LIKED POSTS NOT THE MOST-VIEWED ONES, REVEALS FACEBOOK

If you think that Facebook posts, which are most liked, are also the most viewed by the users on the platform, you are mistaken. According to a top company executive, posts that get the most engagement are actually seen by a small percentage of the users.

TECH BUZZ

HOW FITBIT DEVICES CAN HELP DETECT THE SPREAD OF COVID-19

In a fight against the novel coronavirus, researchers have developed a free mobile app, which will allow scientists to investigate the use of wearable devices and smartphones for digital detection of Covid-19. Called the 'Mass Science' app, it allows Covid-Collab study participants to connect wearables, such as Fitbit devices and share data, including the heart rate, activity and sleep. Participants can also use the app to provide information on geographic location, mood and mental health, in addition to Covid-19 symptoms and a diagnosis, if they have tested positive for the disease.



CORONA UPDATE

If a Fitbit user was previously ill or diagnosed with Covid-19 in the past, they can use the study app to share their historical data covering this period of illness



his users, showing top-performing Facebook link posts by US pages ➤ Hegeman stepped in, saying that the data does not represent what most people see on the Facebook

➤ "While some link posts get a lot of interactions, likes or comments, this content is a tiny percentage of what most people see on the FB. News from these Pages don't represent the most viewed news stories on FB, either," FB executive Hegeman replied to a New York Times columnist Kevin Roose via a tweet ➤ Roose shared data from content discovery and social monitoring platform, CrowdTangle with

NORWAY'S 'ELVIS PRESLEY' SETS A WORLD RECORD

Kjell Henning Bjornestad, a 52-year-old man from Norway, has created quite a stir on the internet not only for imitating Elvis Presley, the legendary singer's looks and style, but also for creating a world record by singing his songs non-stop. Known as the Norwegian 'Elvis Presley', Bjornestad sang many of Presley's songs for 50 hours, 50 minutes and 50 seconds, non-stop in an Oslo restaurant.

IN THE RECORD BOOK

Bjornestad began singing on July 23 morning, and moved around on the stage very often. He sat down as well to give himself some rest.

A physician monitored him by giving him honey and lemon to keep his throat at bay

Earlier, a similar record was broken by a German named, Thomas 'Curtis' Gaethje, who sang for 43 hours, 11 minutes and 11 seconds

SHEKHAR KAPUR SAYS BOLLYWOOD CAN'T HANDLE RAHMAN'S TALENT, COMPOSER SAYS 'LET'S MOVE ON'

Filmmaker Shekhar Kapur on Sunday said that composer AR Rahman's Oscar win was a proof that Bollywood can't handle his talent, a day after the music director claimed there is a "gang" in the Hindi film industry that is preventing him from getting work. Rahman's statement came amidst a raging 'insider versus outsider' debate in Bollywood, following actor Sushant Singh Rajput's death last month. "You know what your problem is @arrahman? You went and got #Oscars. An Oscar is the kiss of death in Bollywood. It proves you have more talent than Bollywood can handle," Kapur, 74, tweeted.

ENTERTAINMENT

Replying to Kapur, Rahman said, it's time to move on from the debate. "Lost money comes back, fame comes back, but the wasted prime time of our lives will never come back. Peace! Let's move on. We have greater things to do," the 53-year-old composer tweeted

BHUMI UNITES WITH CHILD CLIMATE ACTIVIST LICYPRIYA KANGUJAM

Actress Bhumi Pednekar has joined hands with child activist Licypriya Kangujam to raise awareness on environment protection. "I will do whatever it takes to bring this conversation to the forefront. We owe it to the next generations, who will inhabit this planet. We owe it to this planet, because it sustains us," asserted Bhumi.

FOR A CAUSE

Pednekar, through her Instagram handle, introduced the eight-year-old girl from Manipur, who is rallying the youth of the country, to be more climate-conscious. Sharing a video clip of the young activist, the actor wrote, "Though young, her work towards climate activism is beyond her years... She has created a symbolic device called, SUKIFU (Survival Kit for the Future) to curb air pollution... It's almost a zero budget kit, specially designed from trash to provide fresh air"

ENTIRE EARTH VIBRATING LESS DUE TO COVID-19 LOCKDOWNS: STUDY

In a study conducted in 117 countries, researchers have found that the world is experiencing the most dramatic reduction in the seismic noise (the hum of vibrations in the planet's crust) in the recorded history due to the lockdown.



Measured by instruments called seismometers, seismic noise, caused by the vibrations within the Earth, can be triggered not only by earthquakes, volcanoes, and bombs but also by daily human activity, like travel and industry. This quiet period is likely to be caused by the total global effect of social distancing measures, closure of services and industry, and drops in tourism and travel, the study said.

The 'i' in iPhone 11 now stands for India-made

Apple has started making its flagship iPhone 11 at the Foxconn plant near Chennai, the first time it has manufactured a top-of-the-line model in the country, marking a boost for the government's Make in India initiative. Production will be stepped up in phases and Apple may consider exporting the India-made iPhone 11, reducing its de-

MADE IN INDIA

pendence on China, two senior industry executives said. Local production saves Apple 22% import duty. The company hasn't cut prices, as it also sells iPhone 11 handsets made in China in India, but that could be an option later on.

➤ Apple is said to be considering a plan to make the new iPhone SE at the Wistron plant near Bengaluru, the executives said

➤ The latest move marks the growing localisation of Apple's manufacturing in the country, where it's keen to take advantage of benefits under the government's production linked incentive (PLI) scheme. The move also helps expand Apple's production base beyond China, at a time when Sino-US ties have soured, an executive said

➤ Of the three new models Apple launched in September, the iPhone 11 is the biggest seller in India

➤ Apple makes two other handset models in the country – the iPhone XR at the Foxconn plant, and the iPhone 7 at the Wistron factory.



Wellness & Grooming

For healthy SKIN & MANE IN MONSOON...

Pallavi.shankar@timesgroup.com

The onset of monsoon is synonymous with crispy edibles, warm beverages and yes skin that doesn't always behave its best. To keep your skin sane and happy in this temperamental weather that is cool one minute and humid another minute, follow a proper skincare regimen. Ditto for hair. It's all the more possible to do that now that people's movement is restricted to few outings in the wake of the ongoing pandemic. Here is a monsoon guidebook of sorts to keep your complexion and hair in good condition.

Cleanse skin with gentle face wash morning/night

It's important to keep your skin clean and free of dirt and grime as monsoon's humidity leads to more clogged pores than usual, which can result in acne and blackheads. "Pick face wash with gentle ingredients like white tea, chamomile, aloe vera,"



suggests skincare expert and aromatherapist Blossom Kochhar. Wash your face once in the morning, using just a very small quantity of face wash. If you want to avoid face wash, you can also cleanse your skin with your own DIY cleanser: add one teaspoon milk to 1.5 teaspoon gramflour with a pinch of turmeric, and clean your face (and body too) with this paste. Before your bedtime at night, clean thoroughly with a face wash or the DIY gramflour paste to wash away all traces of surface impurities and excess oil.

Exfoliate once a week

Exfoliation is the process of removing dead cells from the skin and opening blocked pores. This helps the skin to breathe and stay clean and fresh. "Use a face scrub made with coffee beans for best results as coffee deep cleanses and improves circulation," advises Kochhar. You could make your own face scrub too, like the actress Alaya F did recently. She also shared the skincare recipe on her Instagram: To reduce puffiness on her face, Alaya mixed ground coffee with some sugar, milk, honey and olive oil. She recommends exfoliat-

ing the face with this refreshing coffee scrub by applying on the face and neck for 10 minutes and washing it off with cool water by gently scrubbing it off. Try it out once a week.

Heal acne with neem

The neem tree has fresh and tender neem leaves in the monsoon. These bitter leaves are great to fight many skin and hair conditions like acne, dandruff and itchy scalp. For those suffering from acne, make a paste of tender neem leaves and apply on affected areas to let the zits dry out naturally with the potent ingredients found in neem. The neem leaves paste can also be used as a hair mask to tackle dandruff and itchy scalp issues.

Keep your feet happy

Monsoon is the time of water, mud, bacteria, fungus and infections too. So it's imperative to keep your feet clean and dry. Kochhar gives 2 great tips for happy and healthy feet: "Dip your feet in warm water with a gentle soap solution and 2-3 drops of tea tree essential oil. Secondly, wear covered waterproof shoes to protect your feet from muddy water on the road that may be carrying harmful bacteria." You could also use a foot powder to keep your feet dry and free of odour.

GUEST COLUMN



Varsities start rolling out plans for international students

Dhiman Chattopadhyay

Higher education globally is in a state of flux. COVID-19 has upset the best laid plans of universities. Most American colleges, for instance, are still not sure what their campuses would look like when they reopen in August. As of today, 67% have promised resumption of face-to-face classes, but I am willing to bet that this number will change. For most institutions, 'Fall 2020' may entirely be online, or at best, hybrid. This uncertainty is particularly problematic for 1.1 million international students, including 250,000-plus Indians, currently enrolled in US varsities.

But there is hope! I can tell you that most of the highly ranked universities are going all out to ensure their international students feel welcome and safe.

What about those who may be unable to physically join classes this August due to travel restrictions? The University of California System (UC) System, SUNY, University of Pennsylvania, Tufts, Drexel, and Emory have already announced that international students will be allowed to take all courses remotely for Fall 2020. Others are following suit.

It is still wise to check your chosen university's website to see specific plans. There are several other plans underway to ensure international students are not inconvenienced. So, keep your spirits up!

(Dhiman Chattopadhyay, Ph.D. is Assistant Professor at Shippensburg University of Pennsylvania, US. A former editor with the Times of India, he spent two decades as a journalist in India before moving to academia)

SKILL BUILDER PHONICS ACTIVITIES

JUMBLED WORDS

Unscramble the letters to form the word that describes each picture the best.

u
m
g

1

r
n
u

2

s
n
u

3

g
u
p

4

MATCH THEM UP

Match each double consonant word to the correct picture.

hill

mess

puzzle

bell

earmuff

pizza

dress

SIMPLY FRACTIONS ZOMBIE BOARD GAME

START	1. 10/5	2. 33/11	3. 10/100	4. 6/12	5. 21/7
11. 7/70	10. Trade Places	9. 7/6	8. 11/22	7. 12/36	6. Go forward 2 spaces
12. 45/90	13. 5/4	14. 3/9	15.	16. 30/120	17. 60/30
23. 50/100	22. Go back 3 spaces	21. 23/46	20. 6/10	19. 7/28	18. Trade Places
24. 64/80	25. 70/100	26. 13/4	27. 11/7	28. 15/6	29. 9/12
END	34. 7/3	33.	32. 33/55	31. 6/66	30. Lose a Turn

RULES OF THE GAME

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

- Roll the dice and count ahead according to the number that shows up.
- When a player lands on a space, he simplifies the fraction on the space within a determined time and says the answer.
- The instructions on the other spaces are pretty straightforward.
- Lose a turn:** the player loses a turn to play.
- Go forward**
- Go backward**
- The zombie is the space no one wants to land on. It is a killer. Landing on the zombie sends the player back to start. Restarting is no fun when your opponent is advancing.
- Trade Places:** This can be good or bad. The player who lands on this space swaps with the opponent. Trading places with an opponent who is ahead in the game is good. Trading places with an opponent who is behind is no fun.
- Finally the last pitfall is towards the end of the game. To finish the game, the player must get the exact number on the dice to END. If the player has more, the player has to count forward and backwards. For example if a player is at space 31, the player needs to roll and get 4 to finish. If the player has 6 for example, the player counts forward to 4 and 2 backwards to space 33.
- To customise this game, change text in the space boxes by putting in your own words. Equally you can add small clip arts for lower levels.

Hope in the form of words

These books will give you the extra motivation you didn't even know you needed. Now that most of us are staying indoors as a way to practice social distancing, you have the time to read some of these books on life, hope, and positivity...

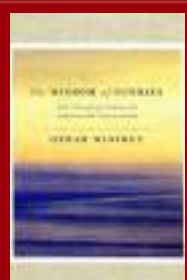
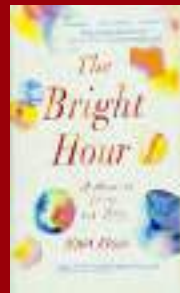


'Girl, Wash Your Face,'

by Rachel Hollis
In this bestseller, Hollis dispels the lies that stop us from becoming who we're meant to be.

'The Bright Hour: A Memoir of Living and Dying,'

by Nina Riggs
This is about the journey of a woman who challenges death and destiny.



'The Wisdom of Sundays,'

by Oprah Winfrey
This will give you a daily dose of Oprah Winfrey's life - changing wisdom and inspiration. Learn as you read.

'THE FIVE-MINUTE JOURNAL.....'

by Intelligent Change
A classic since 2013, this is popular with students who want to express!





THE TIMES OF INDIA

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STUDENT EDITION

TUESDAY, JULY 28, 2020



WEB EDITION



HEALTH ALERT

DON'T OVERUSE HAND SANITISERS: Health ministry

The Union health ministry has advised people not to overuse hand sanitisers, even as the novel coronavirus cases in the country crossed over 13 lakh. Dr RK Verma, additional director-general of health services, Union ministry of health, urged people to use masks, drink hot water, and wash hands vigorously. "These are unprecedented times, no one thought that a virus outbreak of this nature will occur. Take adequate precautions. Don't overuse sanitisers," Verma said.

The Food and Drug Administration (FDA) of USA has also advised people to use alcohol-based hand sanitisers in moderation. According to the FDA, alcohol-based hand sanitisers can lead to dry skin, infection, and even alcohol-poisoning. Besides, the Occupational Health and Safety Administration (OSHA) considers it as a fire hazard.

CURRENCY SWAPPING

WHAT India has finalised a \$400 mn currency swap with Sri Lanka, under its Saarc (South Asian Association for Regional Cooperation) swap facility, to boost the island nation's reserves. According to Investopedia, a currency swap is a transaction, in which the two parties exchange an equivalent amount of money with each other, but in different currencies. The parties essentially loan each other's money, and repay the amounts at a specified date and a fixed exchange rate.

WHY According to market analysts, a currency swap facility helps a country obtain foreign currency loans at better interest rates than by borrowing directly from the market. The repayment is done at the exchange rate fixed at the time of borrowing. This eliminates the risks of paying more due to the fluctuations in the exchange rates.



X-PLAINED

WHEN Currency swapping comes into play, when a country faces scarcity of foreign currency, which may lead to a currency crisis, and steep depreciation of the domestic currency. So, to ensure the availability of foreign currency, the central bank/ government of a specific nation, resorts to swapping, in the process, getting a sizeable foreign currency by exchanging domestic currency, and avoiding depreciation of the domestic currency. Besides, currency swaps between governments also promote bilateral trade.

■ India already has a \$75 billion bilateral currency swap line with Japan, which has the second-highest dollar reserves after China



■ The US Fed has permanent swap agreements with several central banks of the world

RBI's currency swap arrangement for Saarc states has a corpus of \$2 billion. This facility became operational in Nov 2012 to provide funding for short-term foreign exchange liquidity requirements among the Saarc nations



IN THE RECORD BOOK

12-year-old skater makes it to India Book of Records



Twelve-year-old Janvi Jindal from Chandigarh has registered her name in the India Book of Records in two special categories — marvellous feat to glide downstairs while skating, and the youngest to perform Bhangra on skates. Janvi also won the national skating championship in 2019. Her family has claimed that she is the first in India, who can glide downstairs, while skating, and can also perform Bhangra with the skates on.

I started my training at the age of eight; my father trained me with the help of YouTube. Now, I am taking special training from a choreographer in order to learn the dance moves, while skating. I want to make records in the future. I feel proud after getting registered in the India Book of Records — Janvi Jindal

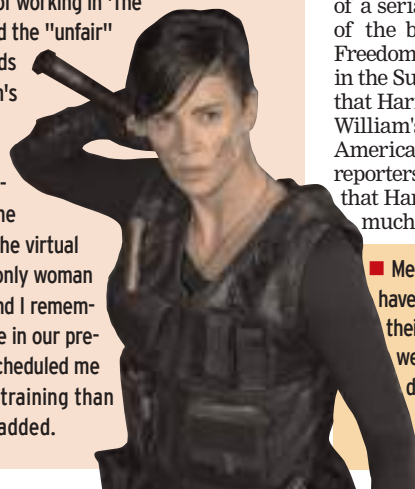
NEWS IN BRIEF

CLICK HERE FOR MORE

ENTERTAINMENT

Charlize Theron gets candid about 'unfair' treatment as woman performer in action movies

The Academy Award-winning actor Charlize Theron has opened up on the perils of being a woman performer in action movies. Addressing a panel discussion on Comic-Con@Home, the 44-year-old actor shared her experience of working in 'The Italian Job', and recalled the "unfair" treatment meted towards her during the heist film's preparation phase. "I realised that there was still so much misconception around women in the genre," Theron said at the virtual roundtable. "I was the only woman with a bunch of guys, and I remember getting the schedule in our pre-production; they had scheduled me for six weeks more car training than any of the guys," she added.



Rift between royal brothers laid bare in new book extract

Prince William infuriated Prince Harry, when he told his younger brother that he should move slowly in his relationship with Meghan Markle, fearing that he was being "blindsided by lust," a new book on the Windsors claims. The second installment of a serialised version of the book, 'Finding Freedom', which appeared in the Sunday Times, claimed that Harry was angered by what he perceived as William's snobby tone in a discussion about the American actress, when they were dating. Royal reporters Omid Scobie and Carolyn Durand wrote that Harry disliked William's advice to "take as much time as you need to get to know this girl."



BOOKS

■ Meanwhile, Prince Harry and his wife, Meghan, have distanced themselves from the book on their time in the royal family, saying that they were not interviewed for the biography, and did not make any contributions to it

■ The book is due to be published in August

FOR A CAUSE

Sonakshi Sinha launches campaign to end cyberbullying

Dabangg actor Sonakshi Sinha has joined hands with special IGP of the Maharashtra Police and other cyber experts for a new initiative, 'Full Stop To Cyber Bullying'. The 33-year-old actor, who has been a victim of online bullying and trolling, took to Instagram to launch the new campaign, where she has teamed up with Mission Josh and other cyber experts. The campaign, which is led by Sinha and special IGP of Maharashtra Police, Pratap Dighavkar, will have five different live interactions with the panelists, which would be streamed live on her social media accounts.



"Social media was made with the intention to spread love and positivity. Unfortunately, it has become a toxic place with the rampant rise of cyberbullying and mental harassment. I have been a victim of trolls and abuse myself. With Mission Josh, our campaign aims to bring awareness on cyberbullying, online trolling, cyber laws, and mental harassment

Sonakshi Sinha

YOUNG INDIA'S ENERGY IS INFECTIOUS, MAKES ME FEEL I HAVEN'T AGED AT ALL: RATAN TATA



CELEB TALK

Ever since Ratan Tata made it to the Instagram last year in October, he has been sharing interesting insights about work and life, and getting positive reviews. Recently, the veteran industrialist spoke to around 33,000 young entrepreneurs in a webinar, and shared his insights on how to set up a successful business. The 82-year-old businessman said that talking to the 33,000 young minds in a webinar, was one of the most energising conversations, he has had in a while.

In a two-part Instagram Story in the form of a video, the billionaire philanthropist shared valuable lessons that future entrepreneurs can incorporate in their professional life. He stressed that an individual needs to know the purpose behind starting his/her business, and how to make profits

"Unfortunately, I have a view that we are not in that business just to make a profit," he added

GAMING ZONE

Microsoft showcases gameplay from Xbox Series X titles

Tech giant Microsoft recently showcased the gameplay from its 13 new titles for its Xbox Series X. According to The Verge, the company had announced the new titles back in May, but recently, they provided a clearer look of what the gaming console will have to offer the gaming buffs. There would be titles from nine of the total 15 Xbox developers on display. This includes the five first-party games. The company also kicked off the 'Halo Infinite', which is the latest version of Halo.



Painting can help develop children's cognitive, artistic abilities: Study

A research from the Japan's Advanced Institute of Science and Technology (JAIST) has offered concrete insight into the development of children's psyches, and has also made suggestions for the educators to improve children's cognitive, spatial, and artistic abilities through the medium of painting.

JAIST researchers Lan Yu and Yukari Nagai have developed and tested a digital analysis process by which children's paintings can be digitised, categorised, and then thoroughly analysed. Content, scale, patterns, details, and the relationships between objects in the paintings are objectively quantified and calculated. This research has implications in art education, suggesting that art teachers can focus on several key elements that are useful to the cognitive development of the young painters.

Benefits Of Painting

1 Painting, which is a recreational and creative activity enjoyed by children across the world, can also serve as crucial artefacts of children's perceptions, as they contain the summary of what children see as "essential," the researchers said

2 Guiding children to paint objects outdoor could enhance their awareness of their natural environments, they added

3 According to them, specifically training students to imitate objects and paint could also show significant results in the overall quality of children's paintings.



Let us know what goes on your mind, while you give a shape to your imagination. Should paintings be made a part of our curriculum? Share your views at toinie175@gmail.com or imesnie175@gmail.com

Coding IS MAGICAL

Dr Swati Popat Vats, author of a book on coding, explains why everyone should master this art of the present and future

Who are the people you look up to today? Your role models? I'm sure you look up to your parents and also to other relatives, teachers, coaches, and peers. You may try to copy the behaviour and appearance of athletes and entertainers, and characters from books, TV, movies, or video games. Maybe your parents even suggest positive role models for you.

There's hardly a child who does not like a good magic show or appreciate innovation like robots and driverless cars. But do you know what magic shows and innovators have in common?

They have their own secret code. And you can learn a secret code too, in

addition to the languages you're learning. A language that helps you understand how Siri, or Google Home, Alexa and the internet of toys, etc, functions. It almost seems like these things have a brain. Coding is the key to understand how these machines talk, move, remember, do things, etc. And the best part is that you are using the principles of coding in your everyday life anyway.

When you are **TINKERING**; you are changing things to see what happens, when you are **CREATING**; you are designing and making. When you find and fix errors in block play or worksheets you are **DEBUGGING**.

You use **LOGIC** when predicting and analysing during story time. When we teach you about steps of a task or rules to follow – you learn all about **ALGORITHMS**. You naturally see **PATTERNS** and are able to spot similarities.

When your parents and

teachers tell you about manners, we are actually teaching you about **CONDITIONALS** or **IF-THEN** situations; 'what would happen if...If I am angry and hit someone, or if I am eating, then I should not speak, etc.

When you sort out your toys and books and crayons, that is **VARIABLES** and **ARRAYS** in code language!

The book I have written for you, 'Yash and Yashika Learn Coding' is all about learning step by step. The engaging plot goes thus – Yash and Yashika's mother, who is a coder, introduces them to a dancing robot, Mr Bot. They enjoy watching Mr Bot sing, dance, kick a ball and tell stories. Initially they believe that Mr Bot is a magical creature! Their mother explains that it's not magic, he has a computer inside him. This sparks the curiosity of Yash and Yashika and the story takes the reader on a delightful journey that emphasises 'how to learn, not what to learn.'

I think all of you must try this new language. Because coding helps teach problem-solving skills, seek out solutions by breaking up big problems into smaller steps. It also helps you become resilient. Coding is the language of today and the future...

...it's time to 'code' children's brains! India's very own hero Sundar Pichai, whom all of you know as the head of Alphabet by Google says, "We want every child in the world to be excited about the many possibilities coding can unlock for themselves, for their communities and for their societies." What are you waiting for?

IS BREAKFAST IMPORTANT?

Eating breakfast and skipping breakfast are both effective. We say, eat healthy, eat intuitively and exercise than stress over your morning meal

SUPRIYA.SHARMA2@TIMESGROUP.COM

A lot has been said about breakfast being the king of meals and how it shouldn't be skipped at any cost. But you can't look at health and nutrition with blinkers on anymore. Breakfast provides the body and brain with fuel after an overnight fast, that's why the name – breakfast. But if you had your last meal in the middle of the night and it was loaded with calories, would you still be up for a morning munch? In India, as a practice, people would eat an early dinner before sundown and then eat the next meal the following morning only after finishing the household chores, showering and praying, hence delaying the whole breakfast routine. Early breakfast hasn't really been our thing.

Mind the gap

Morning meal is no more a meal eaten within an hour of waking up. It is, in fact, the meal that should be eaten after a conscious gap of 16 hours, thanks to the upswing of Intermittent Fasting. And, like breakfast, intermittent fasting is thought to have a number of benefits, from cellular repair to weight loss.

KNOWN ADVANTAGES OF EATING IN THE AM

- Lower BMI
- Consuming less fat through the day
- Consuming enough fruit and vegetables
- Higher daily calcium intake
- Higher daily fibre intake

Better memory and attention (for school children)
Inputs from nutritionist Manjari Chandra and Munmun Ganerwal, nutritionist and fitness expert

Fast or break-fast?

Eating breakfast and skipping breakfast are both effective. Breakfast is important, but not more than lunch, dinner, and everything else you eat daily. At the end of the day, the most important thing is calorie consumption. The trick is finding what's right for you. That's where the magic happens, no matter when you eat breakfast.

Don't make it a chore

The importance of breakfast varies from person to person. What's your appetite as a person? How healthy or light does your dinner look? How much do you exercise? The best way to eat is intuitively. Grab a healthy morning meal when your body asks for it. Else, just nibble on a few nuts or a fruit.

Keep it wholesome: It is important to nibble on something as you wake up. Whenever you choose to break your fast, make sure it is a good combination of vegetables, fats, some complex carbs and some protein and loaded with vitamins and minerals. Think millets, nuts and healthy fats.

BRIDGING THE GAP

In Ernest Hemingway's 'Old Man at the Bridge', the narrator is concerned about the titular character, while the latter is worried about his creatures back home. Answer each of these questions on that short story (from 'Treasure Trove') by choosing correctly from the four options.

1 To which town does the old man belong?

- A. San Lorenzo B. San Fernando
C. San Carlos D. San Augustin

2 Which of these animals has been left behind?

- A. Cat B. Dog C. Pig D. Sheep

3 What vehicle does the narrator recommend?

- A. Bus B. Car C. Jeep
D. Truck

4 Which river is spanned by the bridge of the title?

- A. Tagus B. Guadiana
C. Ebro D. Douro

5 When do the events related take place?

- A. Friday B. Sunday
C. Wednesday D. Saturday

Suryakumari Dennison, teacher,
Aavishkar Academy, Bengaluru



ANSWERS: 1) C. San Carlos
2) A. Cat 3) D. Truck
4) C. Ebro 5) B. Sunday

GET YOUR WORDS RIGHT

WORD SEARCH

Find words with -ture or -sure in the grid below.

furniture creature exposure departure pleasure
signature closure expenditure composure



CIRCLE THE LONG 'E'

Circle words that contain the long e sound in the following sentences.

- I see a beautiful beach.
- She wants to be the queen.
- The monkey is in the car.
- Is that seat taken?
- I like to eat peach jam.
- Bees make honey.
- The seal on the box was broken.
- Keep the money with you.



Quiz time

CURRENT AFFAIRS

Q.1) What was the theme of the 11th BRICS summit?

- A. Building Responsive, Inclusive and Collective Solutions
B. Stronger Partnership for a Brighter Future
C. Collaboration for Inclusive Growth and Shared Prosperity in the 4th Industrial Revolution
D. Economic Growth for an Innovative Future

Q.2) How many students completed the Guinness World Record of "most students



assembling radio kits simultaneously?"

- A. 268 B. 455
C. 655 D. 233

Q.3) Who has been re-elected as President of the UAE?

- A. Ali Abdullah Saleh
B. Abdrabbuh Mansur Hadi
C. Salman bin Abdulaziz
D. Sheikh Khalifa



1. D) Economic Growth for an Innovative Future 2. A) 268 3. D) Sheikh Khalifa

COMMON GRAMMATICAL MISTAKES

1. BRIDAL/BRIDLE

THE RULES:

- "Bridal" is related to a bride.
- "Bridle" means a part of a horse's harness.

HOW NOT TO DO IT:

- In reality, weddings look nothing like the fairy tales depicted on TV and in **bridal** magazines.
- His common sense is a **bridal** to his quick temper.

HOW TO DO IT PROPERLY:

- In reality, weddings look nothing like the fairy tales depicted on TV and in **bridal** magazines.
- His common sense is a **bridle** to his quick temper.

IDIOM OF THE DAY

>CHEW THE FAT

Meaning: Have a long, leisurely conversation; make small talk; gossip casually.



BIRDS

KNOWLEDGE BANK



Bananaquit

The Bananaquit is an arboreal bird species that forages in tree tops and bushes for insects, fruit and nectar. Like hummingbirds, nectar consti-

tutes the largest part of its diet. Its nickname, the sugar bird, comes from its affinity for seeking out bowls or bird feeders that are stocked with granular sugar.



Word Wise

Enormities (Noun): [Countable, plural] a very serious crime.

Synonymous words: Wickedness, evilness, vileness, baseness, depravity, outrageousness, monstrosity, hideousness, etc.

Examples:
■ The paintings depict the **enormities** of war.
■ **Wickedness** is at its peak at the time of war.
■ The people were shocked by the **depravity** of his actions.
■ There are **hideous** creatures lurking in the forest.
■ The principal did not tolerate **vileness** in anyone.

CURRICULUM EXERCISES

Q1. What is part of a database that holds only one type of information?

circuit the power is used in does ____.

Q2. Fill in the blanks:

- A. The first transatlantic radio broadcast occurred in ____.
B. Most modern TVs draw power even if turned off. The

Q3. Identify the following:



Answer: (1) Field (2) A) 1900s B) Remote control (3) Palace of Versailles, France

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 tolnie175@gmail.com



JUMBLED WORDS

1. **trameau**

A: traumatic B: mature C: amateur
D: tremble

2. **fresatopion**

A: inefficacious B: ineffectualness
C: insufficiently D: professional

ANSWERS

1)C: amateur 2)D: professional

IDENTIFY THE PERSONALITY



He had accepted Prime Minister Narendra Modi's invitation to be the chief guest at India's Republic Day celebrations in 2020

Answer: Brazilian Prez Jair Bolsonaro

CHECK YOUR APTITUDE

1) Find the slope of the line that passes through (2, 13) and (10, 4). Simplify your answer and

write it as a proper fraction, improper fraction, or integer.

A. The slope is -9/8

B. The slope is -7/8

C. The slope is -8/9

D. The slope is -1/2

2) Find the slope of the

tangent line to $k(x)=x$ at $x=16$.

A. 8 B. 0
C. 7 D. 1

3) Simplify.

$2i+8i$

Write your answer in the

form $a+bi$.

A. 8i B. 2i
C. 7i D. 10i

ANSWER:

- The slope is -9/8
- 1
- 10i