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STUDENT EDITION

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WEB EDITION

DID YOU KNOW?



Earth's magnetic field can change 10 TIMES FASTER THAN THOUGHT

Using simulations in the laboratory, scientists have revealed that changes in the direction of the Earth's magnetic field may take place 10 times faster than previously thought. The study gives new insight into the swirling flow of iron, 2,800 kms below the planet's surface, and how it has influenced the movement of the magnetic field during the past 100,000 years...



What is Earth's magnetic field?

Earth's magnetic field is the magnetic field that extends from the Earth's interior out into the space, where it interacts with the solar wind, a stream of charged particles emanating from the sun. It is created by the movement of liquid iron in the Earth's outer core, some 2,896 km below our feet.

How does it work? The iron is super hot (over 3,000 degrees Celsius) and like water flows very easily. While flowing, it drags the magnetic field with it, and its corresponding North and South poles.

Are magnetic poles the same as geographical poles?

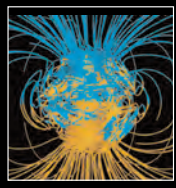
No. These magnetic North and South Poles are different from the geographic North and South poles. The geographic North and South poles are in a fixed position; they are diametrically opposite to each other. However, the magnetic North and South Poles are constantly moving. Over time, they become misaligned with their geographic equivalents.

How often does the Earth flip poles? According to scientists, the Earth's magnetic field regularly flips poles in every few 100,000 years. The latest World Magnetic Model, which tracks the movement of the Earth's magnetic field, revealed last year that the magnetic North pole is moving on its own. Last year, researchers reported that the Earth's magnetic North Pole is travelling at a rate of 48km per year. This is the fastest recorded shift of the Earth's north, since the mid-16th century, they say.

Why do these changes happen? Scientists say these rapid changes are due to the local weakening of the magnetic field. This means that these changes have generally occurred around times, when the field has reversed polarity or during, what are known as, 'geomagnetic excursions'.

IMPACT OF REVERSING MAGNETIC FIELD

One of the biggest impacts of reversing magnetic field, according to scientists, will be on animals that use the magnetic field for navigation, especially, turtles and birds.



It will affect human beings too. The biggest risk depends on how weak the field gets during its transition. If it gets too weak, more radiation will get to the Earth's surface and could cause cancer.

Importantly, the direction of compass will also change—North on the compass will point to Antarctica rather than Canada.

It could also cause havoc for aviation and navigation systems, including smartphone apps that use GPS.

CELEB TALK

'I have accepted vegetarianism to reduce carbon footprint'

Actress Shilpa Shetty, known as a fitness freak, has said that she is ready to make major lifestyle changes to contribute towards the cause of climate change. In an Instagram post, the actress revealed that she has turned into a complete vegetarian to reduce carbon footprint.

Over the years, I've realised that cultivating livestock for food, has not only destroyed forests, but also been the largest source of carbon dioxide, methane, and nitrous oxide emissions. These are majorly responsible for the climate change, our planet is experiencing. Following a vegetarian diet is not only beneficial for animals, but also can actually protect us from lifestyle diseases.



Shilpa Shetty



LET'S START A CAMPAIGN ON THE BENEFITS OF VEGANISM

PLEASE SHARE SLOGANS, POSTERS, CARTOONS AND ARTICLES TO DRIVE THIS CAMPAIGN AT toinie175@gmail.com/timesnie175@gmail.com

Top entries will be featured in TIMES NIE!!!

Mona Lisa charms visitors as Paris' LOUVRE reopens



Louvre Museum, which houses the world's most famous portrait, welcomed limited number of visitors, as it reopened on Monday, after a four-month coronavirus lockdown.

WHAT DO YOU KNOW ABOUT MONA LISA

1) Which person is believed to be the subject of the Mona Lisa?
a) Mona Giocondo b) Lisa Simpson c) Lisa Gherardini

2) In which year did the Mona Lisa become part of the collection at the Louvre?
a) 1593 b) 1693 c) 1797

3) In which year the Mona Lisa was stolen from the Louvre museum?
a) 1901 b) 1911 c) 1927

4) Why was the Mona Lisa removed from the Louvre in 1939?
a) The painting was loaned to Italy b) It needed to be cleaned c) To protect it from damage or theft during WW-II

ANSWERS: 1) C 2) C 3) B 4) C

CBSE REVISES CLASS IX-XII SYLLABUS FOR 2020-21 academic session

The Central Board of Secondary Education (CBSE) has rationalised the syllabus by up to 30% for classes IX to XII for the academic year 2020-21 to reduce course load of students amid the Covid-19 crises. Union HRD minister Ramesh Pokhriyal announced on Tuesday. The curriculum has been rationalised, while retaining the core

elements. The Union minister said the changes made in the syllabi have been finalised by the respective course committees with the approval of the curriculum committee and the Governing Body of the Board. According to the updated curriculum, among the chapters deleted from class X syllabus are— democracy and diversity, gender, religion and caste.

The heads of schools and teachers have been advised by the Board to ensure that the topics that have been reduced are also explained to the students to the extent required to connect different topics. However, the reduced syllabus will not be part of the topics for internal assessment, and year-end board examination. For classes I to VIII, the National Council of Education Research and Training (NCERT) has already notified an alternative calendar and learning outcomes.



EDUCATION

WASH SALAD GREENS THE RIGHT WAY

A bowl of salad is an excellent source of natural fibre; it helps in weight management too. For instance, Lettuce, an important salad green, is rich in Vitamin C, K, A, calcium, folate and potassium. So is spinach that is high in folate, calcium and other nutrients.

However, leafy greens carry a lot of dust and dirt with them, so it is very important to clean them thoroughly before consuming. Here are some tips to wash them in the best possible way...



STAY SAFE

- Wash salad greens as soon as you get them from the store, or your veggie vendor
- Take a large bowl and fill it with cool water. Then place the greens in them, after separating them from their stems
- Swirl the water so that it reaches every corner of the greens
- Soak the leafy greens in the water for at least 10 minutes. This helps all the dirt particles to settle down at the bottom
- Take them out of the water and dry them thoroughly. Make sure you dry them properly before storing them in the fridge, because if you keep water-soaked greens in containers, they run the risk of becoming soggy and can rot



CORONA UPDATE

Scientists say coronavirus is airborne; WHO acknowledge their claim

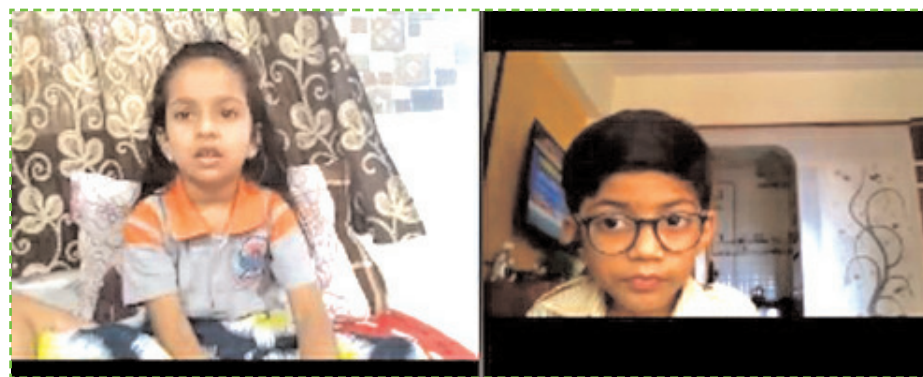
More than 200 scientists from 32 nations had written to the WHO, saying there is evidence that the coronavirus is airborne and even smaller particles can infect people, a significant departure from the UN health agency's claims so far that Covid-19 spread primarily through coughs and sneezes. A report in The New York Times said that clusters of infections are rising globally as people go back to restaurants, offices, markets and casinos, a trend that increasingly confirms that the virus lingers in the air indoors, infecting those nearby. In an open letter to the WHO, around 239 scientists outlined the evidence showing that smaller particles can infect people. They had also urged the agency to revise its recommendations.

The World Health Organisation (WHO) had long held that the coronavirus is spread primarily by large respiratory droplets, when an infected person coughs or sneezes.

In its latest update dated June 29 on the coronavirus, the WHO said airborne transmission of the virus was possible only after medical procedures that produce aerosols or droplets, smaller than 5 microns. However, the WHO, on Tuesday, acknowledged scientists' claim on the basis of "evidence emerging" of the airborne spread of the novel coronavirus.



ONLINE EDUCATION



Schools around the world have closed their doors because of the coronavirus pandemic, leaving more than 1.5 billion children stuck at home. While it's a great inconvenience for many, it has created a spike in demand for online learning.

Narayana e-Techno School, Thane announced it would give children access to online learning. With the help of an online app, Narayana e-Techno School, Thane branch is now streaming more than 10,000 live audio visual based classes which range from interactive video lessons and live classes, to quizzes and exam preparation.

Teaching is a complex, multifaceted activity, often requiring the instructors to juggle multiple tasks and goals simultaneously and flexibly. The flexibility given by Management and Principal, makes teaching both more effective and more efficient; by

helping the staff create the conditions that support student learning and minimize the need for revising materials, content, and policies.

The outbreak is clearly increasing the appreciation of online classes.

The school not only focuses on high school but also the little toddlers of pre primary, conducting live online classes for e-Kidz, e-Champs and e-Techno students. Worksheets, PowerPoint presentations, puppets, activity sheets, assignment sheets are all provided to the students. To improve the teaching methodology, the school is also taking regular valuable feedback from the parents and working on the feedback accordingly.

Narayana e-Techno School offers a wide range of platform to students. It does not believe in making empty promises, creating a misleading mission statement or misleading parents/community members with edu-jargon. Narayana e-Techno School is authentic and transparent.



Whizkid makes a mark with unmatched computing talent

The student of MET Rishikul Vidyalaya (Bandra), Krish Shah from grade IX had participated in WWDC (World Wide Developer Conference) 2020 Swift Student Challenge and has won the award. He is one of the 350 developers amongst lakhs of participants across 41 countries receiving one year of individual membership in the Apple Developer Program. This event gets held every year and is the part of Apple's annual initiative which is designed to recognise and appreciate the next generation of coders and creators. The school is proud of Krish Shah for achieving this milestone and congratulates him for his outstanding accomplishment in the field of technology.



All for the LOVE of ART

The year 2020 has been relentless and unforgiving for almost everyone. Almost, because amidst this coronavirus pandemic while some of us sit in the sanctuary of our homes with safeguarded incomes, there are many daily wage workers who have been deprived from their earnings. One such category of daily wagers are self-employed artists and craftsmen, who come from remote villages and earn their life long wealth only on the basis of inherited talents and skills of traditional art forms. With no customers and sales, their livelihoods have been compromised and debt burdens have increased.

Amongst these artists, there is a couple from a remote village, Pingla in the district of West Midnapur, West Bengal, who sought out for help to promote their handicrafts and paintings. Their artform, called *Poto Chitra*, is a unique artform which originates from West Bengal and is facing extinction. The artists encountered another obstacle in this lockdown, the super-cyclone, *Amphan*. Coming in though the Bay of Bengal towards Bangladesh and the state of West Bengal,



it had demolished everything that came in its path. Not only did it effect the southern district of Kolkata but also some parts of Midnapur, leaving houses cracked, roofs shattered and trees uprooted. It was a difficult time for the artists to keep their artifacts and paintings, requiring days of hard work, undamaged with the leaking mud roofs and heavy winds and rain.

As the sales decrease and their only source of income falters, they may look for other sources of income and may engage in some labour work leaving their unique and prestigious artworks behind.

Therefore, I catalogued all of the available artworks with their specifications and details and spread the word through many threads of messages as an initial stage of the initiative. The name of this initiative 'The Chitrakart Project', was adopted from the artists themselves, Chandan Chitrakart and his wife Putul Chitrakart.

My vision and motto for this project is to 'Stand, Support and Demand'. Stand with the craftsmen of our country when the people in power will not; support and respect the unique art traditions to create a stable future for them; lastly, demand their craftworks to expand their consumer base and safeguard our cultural identity.

My next aim is to reach out to other artists who are stranded in various corners of the country and provide them with the same platform and opportunity to market their artworks and preserve them for future. I'm very grateful to my teachers and friends who helped me promote this initiative and set it out on a path to success.

Pioneering with purpose and pedagogy during the pandemic

The pandemic Covid-19 struck the world leading to a nationwide lockdown in India, on 24th March, 2020, at a very short notice. Schools and colleges were closed and students were stranded at home with extremely limited contact with friends and virtually no physical activity. In the current dynamic scenario, Diamond Jubilee High School (ICSE), Mumbai, managed by AKESI, converted this 'lockdown' into an opportunity so that the dreams and aspirations of their students do not get locked and the education continues.

DJHSM was one of the first schools in the vicinity of South Mumbai to start with technology driven learning. The online teaching model started with the training of the teachers, to familiarize them with the many facets of technology-driven learning. Teachers also attended webinars on remote teaching skills to polish their knowledge. The teachers with good exposure to technology were appointed as Technology Mentors who supported the other teachers to overcome all challenges related to online learning.

Classes were planned keeping in mind important factors such as appropriate screen time, availability of devices and the schedule of siblings. Teachers worked through the entire vacation to plan, train and create a high quality academic programme while looking at global best practices.

Mr. Javed Desai, parent of one of the students, says: "My salutes to your school and the teachers the way they have adapted to the situation, ascertaining that change is the only constant."

Two-way communication between parents and teachers was the driver to ensure that the online learning meets success. Online classes were reorganized to provide children with a learning experience as similar as possible to the in-person classes. The schedule was broken down into online synchronous classes and asynchronous tasks that children do at home at their convenience. Much thought was given to keep the technology time at an age-appropriate level. The online sessions for



children were planned to be interactive and engaging. They provide opportunities for children to meet their friends and interact with the teachers. Thus the online sessions with the daily plans that were sent home, ensured that children receive a holistic learning experience that is based on developmentally appropriate practice.

Ms. Arefa Rangwala, parent of another student, says: "Online classes have been a pleasant experience. The teaching approach is simplistic and understandable. Also various activities are added to enhance learning. I would like to appreciate all the teachers for their hard work and great efforts."

The teachers recognized the fact that the students would have anxiety and stress issues hence messages on how to stay safe during COVID-19, and how to support children at home were shared on regular basis. Timely content with guidelines about the sessions were shared with the parents,

and students were encouraged to share their experiences during the lockdown. The virtual classes were conducted through PPT's, voice over messages, YouTube video links, while Google forms and Microsoft Forms were used for worksheets.

Online learning was not restricted to core subjects alone - yoga, art, dance, physical education also found its space in the online sessions, thereby bringing fun and joy for the students. Cooking activities, making 'fragrance bottles' and musical instruments were a few of the activities done, with parent and child together, thereby helping in developing the child's social development, as well as building stronger bonds between parent and child.

A parent, Ms. Harsha Jitaya, added: "Teachers are constantly helping students by sending content worksheets, videos and solved questions. To make teaching and learning more convenient, teachers are available to clear doubts. The work done by students is also being assessed. Teachers are also motivating students to explore creativity, cherish family bonds, play indoor games, learn novel skills, imbibe yoga as a daily habit, read e-books, consume nutritious food and stay safe at home."

The school has also announced that it would pass on to the regular fee-paying parents, its actual savings during the school physical closure. It has also indicated that it would pass on the benefits of these savings to those parents that are facing financial difficulty, which will be evaluated by a small team, bound by confidentiality. During a time, when schools and parents are debating this issue, these proactive, ethical steps taken by the school are commendable, as they can be referenced, as a fair and balanced guiding framework, for others to follow.

To this, one of the parents, Ruqayyah Sohagpurwala, said: "We really appreciate this kind of cooperation and this will go a long way in reminding us parents that we are associated with such a thoughtful institution".

YOGA HELPS BUILD CONFIDENCE

Infant Jesus High School, Jogeshwari

The focus of the sixth edition of the International Yoga Day, celebrated on June 21, was on yoga with family, and at home. The message that PM Narendra Modi delivered and wants people to understand is to keep fit, be active and positive during the coronavirus lockdown in the country.

Due to the uncertain situations in the country, we missed the opportunity of celebrating yoga day at school. However, the management of Infant Jesus high school, Jogeshwari East planned to celebrate international yoga day on 21st June, 2020 through a virtual medium by sending videos of various asanas of yoga and enlightening them with the importance of yoga. We were thrilled to see the positive response of the students as they send us the pictures of themselves practising various postures of yoga such as surya namaskar, Tadasana, Vrikshasana, Adho Mukho Svanasana, Trikonasana, Kursiasana, Naukasana in their respective homes.

On this occasion, various activities were conducted through our online classes such as speech writing, poster making and essay writing. Along with this the teachers recommended the students to practise yoga daily to build a healthy immune system and to stay healthy physically, mentally and spiritually which is very important in the current pandemic situation.



Pinnacle High International School, Malad
Yoga is a gift of our Indian Tradition which helps in maintaining a healthy mind and body. International Yoga Day is celebrated on 21st June every year.

The PM Narendra Modi put forth a very good idea of celebrating International Yoga Day, since then everyone celebrates it with great zeal and enthusiasm.

In this lockdown period also, each and every student of Pinnacle High International School participated in this event with full energy and Zest. Not only the students, but parents too supported and motivated the children by being a part of this movement. The school PE teacher, Sushma Deokar demonstrated various asanas and breathing exercises which children enjoyed doing and felt refreshed thereafter. Overall, this yoga day taught the children to practice yoga daily to enhance their physical, mental and spiritual well being.



Rizvi Springfield High School (SSC), Khar

On the occasion of International Yoga Day, the entire staff and students of Rizvi Springfield High School (SSC) under the guidance and supervision of the principal Savita Karkera, made it a point to celebrate this auspicious day through the best digital medium. The school hosted a virtual zoom meeting for all the students and parents comprising the institution - Pre primary, Primary and Secondary Section respectively.

Yoga is all about creating a balance in one's life. It is about balancing our senses, body, soul and mind in order to live healthy and in peace. It was a treat to visualise all the students performing the Yoga asanas demonstrated by the Physical Education teachers Priya Prabhu and Venu Maddirala. The Yoga session began with the introduction of the President of the Rizvi Education Society, Dr. Akhtar Hasan Rizvi and the Dynamic director Adv. Rubina A. H. Rizvi who led the foundation of digitalisation to the esteemed institution. Under the guidance and supervision of the Physical Education teachers, the students gracefully and ethically performed the yoga asanas like: *Surya namaskar, Tadasana, Vrikshasana, Vajrasana, Bhujangasana and Shavasana*. Yoga is the journey of the self through the self, to the self. The parents too performed the asanas along with their children whole-heartedly. International Yoga Day celebration embarked the first event of the academic year 2020-21. Being digitally privileged, the event seemed to be a successful one.

The Rizvites being physically apart from one another yet were visually together through the boon of technology during this pandemic. It was indeed a fruitful morning for having the whole institution in one sight for the auspicious celebration.

Pranav Deshpande, class X, Former Star Correspondent

National reading day celebrations

Students of DPS PANVEL celebrated National Reading Day on June 19. The classes started with the Reading Pledge Displayed by teachers on the virtual screen and the students took the pledge. Students were then divided into groups participating in several activities like drawing, Quiz and Essay writing. It is most essential to remember and observe each day as Reading Day.



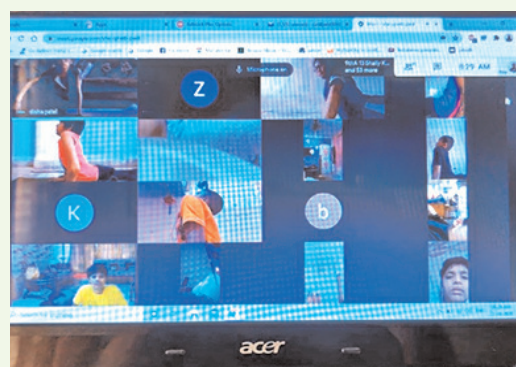
Why we love video games?

In our daily stress-filled lifestyle, we often end up exhausted or frustrated at the end of the day. After working mentally and physically, we undoubtedly need a break from our routine. This is where video games come in.

When we play a video game, our mind automatically shifts to different mindset. Even for a few minutes, we tend to forget our frustrations and problems. May the game be peaceful or even violent, we relax for a while, essentially recharging our batteries, motivating us to move on the next task enthusiastically. For example, a game called Minecraft involves building a world of our own using artefacts. For the time we are play such games, the creative left side of our brain is utilised. On the other hand, if we play shooting games, our motor skills are developed.

However we need to understand that the time allotted for playing games must be proportional to the amount of work done. We simply cannot start a day by playing video games, which may lead to a conflict of interest. We need to make sure that playing video games is an activity only for relaxation and not a primary activity itself. In conclusion, we need to accept that video games have positive effects on us, which is why we should play video games.

Pranav Deshpande, class X, Former Star Correspondent



Pragya Bodhini High School, Goregaon

The sixth world Yoga Day was celebrated digitally by the students of Pragya Bodhini High School under the guidance of school principal, Seema Sheikh and the Headmaster, Sunil Patel. The uniqueness of the program was it was live online session, all the teachers, students as well as parents participated. The students spoke about importance of the day and also about solar eclipse. Pratibha Patel, a Yoga Guru took the session for 45 mins which included Aum chanting, deep breathing and various asanas.

