



THE TIMES OF INDIA

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STUDENT EDITION

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WEB EDITION

MANN KI BAAT

PM RECALLS THE VALOUR OF OUR SOLDIERS IN THE KARGIL WAR

Recalling the valour of the Armed Forces during the Kargil War, Prime Minister Narendra Modi on Sunday said that India's brave soldiers had defeated the enemy perched on the mountain heights.

The country observed the 21st anniversary of the victory in the Kargil War on Sunday. The Indian Armed Forces had defeated Pakistan on July 26, 1999, by recapturing the mountain heights that were occupied by the Pak Army.



KEY HIGHLIGHTS

- 1 In his monthly, 'Mann Ki Baat' radio address, the PM also said that the threat of coronavirus is not over yet, and we need to remain vigilant against the deadly virus.
- 2 He said the focus on wearing masks and maintaining social distancing has to continue.
- 3 Modi also applauded the efforts of groups in various states, including Bihar, Jharkhand and northeast to promote local products during the Covid-19 pandemic.
- 4 He said this year's Independence Day will be celebrated amid the pandemic, and urged youth to resolve to make India self-reliant and free of the pandemic.

Centre grants permanent commission to WOMEN ARMY OFFICERS



FAIR PLAY

THE STORY, SO FAR

- In the Armed Forces, while male SSC officers could opt for permanent commission at the end of 10 years of service, this option was not available to women officers, who comprise just 4% of the total strength of the commissioned officers in the Army
- They were, thus, kept out of any command appointment, and could not qualify for the government pension, which starts only after 20 years of service, as an officer
- Last November, the apex court had directed the Army to take a decision on the permanent commission to eight women army officers, who had approached the apex court in 2010, against the bar on their absorption in the Armed Forces. The case was first filed in the Delhi high court by the women officers in 2003, and had received a favourable order in 2010. But the order was never implemented, and was challenged in the SC by the government
- In a landmark verdict in February this year, the SC had directed that women army officers be granted permanent commission and command postings, rejecting the Centre's stand of their physiological limitations as being based on "sex stereotypes" and "gender discrimination against women"

TIMES VIEW

The long wait is finally over. The glass ceiling has been shattered. Every modern and progressive nation-state takes pride in providing equal opportunities to women in all the fields. In the army, this is a significant step in the attainment of that goal



What's your take on this landmark decision? Let's know your views. Please share your thoughts at toinie175@gmail.com/times-mail175@gmail.com

The ministry of defence has finally issued the formal order to grant Permanent Commission(PC) to women officers in the Indian Army, paving way for empowering women officers to shoulder larger roles in the 13-lakh-strong force.

The order specifies grant of permanent commission to Short Service Commissioned (SSC) women officers in all the 10 streams – army, air defence, signals, engineers, army aviation, electronics and mechanical engineers, army service corps, army ordnance corps and intelligence corps, in addition to the existing streams of judge and advocate general and army educational corps

Earth's atmosphere more sensitive to CO₂ emissions than thought: Study

The hope that the rise in average global temperatures by 2100 might be capped below 2.5°C will remain a distant dream, if the greenhouse gas emissions continue at the current rate, a new research reassessing the atmosphere's sensitivity to CO₂ suggests.



ENVIRONMENT

- The study, under the Geneva-based World Climate Research Programme, offers the first clear progress in decades, towards narrowing the range of temperature rise caused by doubling of carbon dioxide levels, since the pre-industrial times
- Its findings show that doubling would trigger 2.6 to 4.1°C in average warming above pre-industrial levels, putting the lowest rise more than one degree above the scientists' previous estimated range of 1.5-4.5°C
- Known as the climate sensitivity parameter, a doubling of CO₂ concentrations has been a mainstay of models for the future global temperature, since the late 1970s

SERO SURVEY

X-PLAINED



WHAT: Delhi, along with several other states, have started sero surveillance mapping to flatten the Covid-19 curve. **Sero surveillance** is a globally-used and trusted standard that measures the levels of antibodies against a certain infection, and decodes the percentage of the population, which has been previously exposed to the virus. The tool is also used as a measure for the officials to check on mass inoculation and see the level of immunity people have.

Sero surveillance will help in observing if a vaccine can actually provide immunity. Given that we have a vaccine ready for the masses by the end of 2020 or early 2021, a sero survey could show if the Covid-19 vaccine being deployed to the masses is actually working. Sero surveys could also identify any infection cases (asymptomatic, mild ones, or ones which may have gone away on its own), that may have been missed

WHY: While a vaccine or a definite treatment plan is not available to us, experts believe that the only way to prevent further spikes in the infections or find out the actual data about our exposure levels is to test the presence of antibodies among the people.

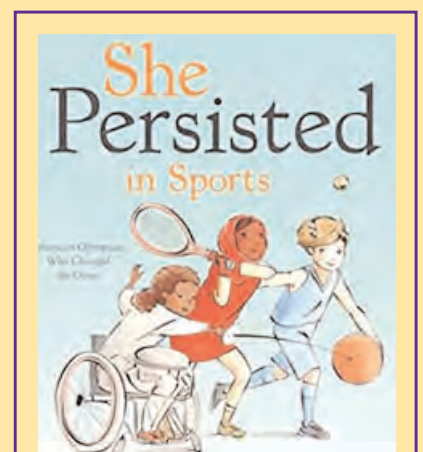
HOW IS IT DONE: Sero surveys derive the results from the presence of antibodies and proteins meant to fight off the infections, which are part of the body's immunology make-up. For a sero survey, sample blood tests are done, and if the antibody levels in the blood are detected, it can mean that a person has considerable immunity against the said infection. Sero surveys done routinely could also show how long do the antibodies last in the body and provide immunity against the disease, which is a pressing concern.

WHEN HAS IT BEEN USED BEFORE? In the past, sero surveillance has been used to map the spread of diseases and infections, like hepatitis B, hepatitis C, diphtheria, tetanus, polio and mumps.

BOOKS

CHELSEA'S NEW BOOK 'SHE PERSISTED' SERIES HONOURS WOMEN IN SPORTS

Former US president Bill Clinton and former secretary of state, Hillary Rodham Clinton's daughter, Chelsea Clinton's new children's book, which is a part of the 'She Persisted' series, will be released later this year. Chelsea wrote the first book, 'She Persisted', way back in 2017. It featured the stories of inspiring girls and women who made a name for themselves with their grit and determination.



- The new book titled, 'She Persisted in Sports: American Olympians Who Changed the Game', will include sections about some prominent women in sports, including Venus and Serena Williams, Wilma Rudolph, among others. The 32-pages book is illustrated by Alexandra Boiger
- The book is expected to be released in September 2020

NEWS IN BRIEF

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MASSIVE STUDY SHOWS SHARKS ARE 'FUNCTIONALLY EXTINCT'



ALERT

In a global study of the world's reefs, scientists have found that the ocean's top predator sharks are 'functionally extinct' on nearly one in five of the reefs surveyed. The research team, who surveyed 371 reefs in 58 countries, found that the sharks were rarely seen on close to 20 per cent of those reefs. "This doesn't mean that there are no sharks on these reefs, but what it does mean is that they are 'functionally extinct' — they are not playing their normal role in the ecosystem," said the researchers.

The findings showed that almost no sharks were detected on any of the 69 reefs of six nations: the Dominican Republic, the French West Indies, Kenya, Vietnam, the Windward Dutch Antilles and Qatar. According to the research team, it's clear that the primary problem is the intersection between high human population densities, destructive fishing practices and poor governance

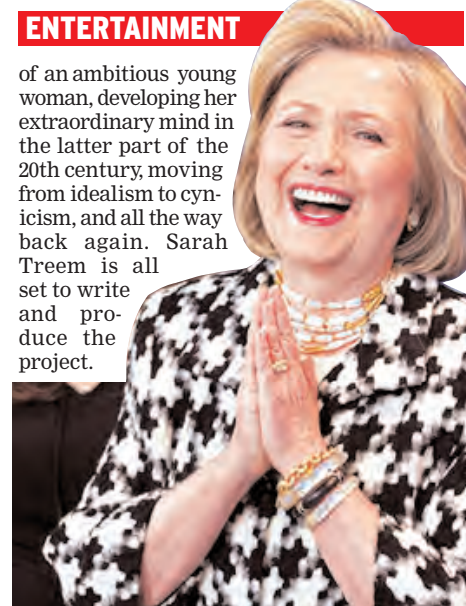


TAYLOR SWIFT'S 'FOLKLORE' EXCEEDS 1.3 MN COPIES SOLD IN 24HRS

Pop icon Taylor Swift delighted her fans by releasing a surprise new album recently. 'Folklore', her eighth studio album, comprises 16 songs. According to The Hollywood Reporter, on Spotify, it was streamed 80.6 million times, breaking the record for the first-day album streams by a female artiste. It was also the most-streamed pop album on Apple Music on its first day of release, with 35.47 million streams.

SERIES ON HILLARY CLINTON IN DEVELOPMENT AT HULU

Politician Hillary Clinton's life is the subject of a new series, 'Rodham', which tracks her story, when she was not married to the former US president Bill Clinton. Hulu has optioned the rights to Curtis Sittenfeld's alternative history book, 'Rodham' for a series that will tell the story



ENTERTAINMENT

of an ambitious young woman, developing her extraordinary mind in the latter part of the 20th century, moving from idealism to cynicism, and all the way back again. Sarah Treem is all set to write and produce the project.

MUSIC

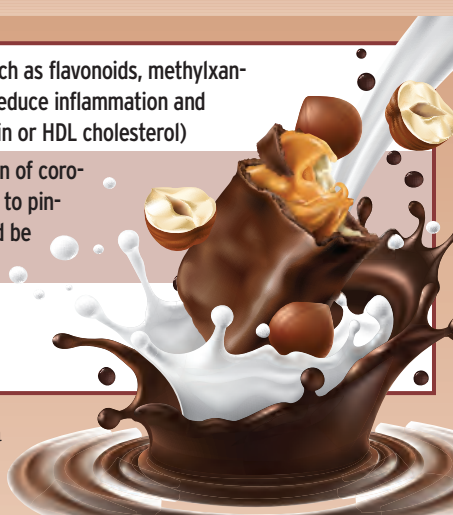
Dessner co-wrote / produced 11 of the songs on 'Folklore', Swift said. The megastar's last album, 'Lover', was released in August 2019

EAT CHOCOLATE ONCE A WEEK TO KEEP YOUR HEART HEALTHY

It seems chocolate is good for the heart, as researchers have said that consuming chocolate at least once a week is linked with a reduced risk of heart disease. The study suggests that chocolate helps in keeping the heart's blood vessels healthy. In the past, studies have shown that chocolate is beneficial for both — blood pressure and the lining of blood vessels. For the latest study, the analysis included six studies with a total of 336,289 participants, who reported their chocolate consumption. During a follow-up, 14,043 participants developed coronary artery disease. Com-

- Chocolate contains heart-healthy nutrients, such as flavonoids, methylxanthines, polyphenols and stearic acid, which may reduce inflammation and increase good cholesterol (high-density lipoprotein or HDL cholesterol)
- Chocolate appears promising for the prevention of coronary artery disease, but more research is needed to pinpoint how much, and what kind of chocolate could be recommended, the study authors wrote
- Moderate amounts of chocolate may protect the coronary arteries, but it's likely that large quantities do not, they said

pared with consuming chocolate less than once a week, the findings showed that eating chocolate more than once a week was associated with an 8% decreased risk of coronary artery disease.



What it costs to guard our LAC

While the Galwan Valley clash is firmly in India's rear view mirror, there's no reason to drop our guard. Therefore, the Indian Army has decided to deploy additional troops at the Line of Actual Control (LAC). Here's what it entails for an average soldier...

- 1 Apart from the high probability of conflict, soldiers will also have to brave the extreme cold weather, as temperatures drop to minus 20 degrees. Ladakh, being a high altitude region, breathing also becomes harder.
- 2 To station soldiers in such a climate during the winter requires resources — from matchboxes and fuel, to flasks and food — amounting to ₹ 10 lakh per soldier; just to keep them there, other costs notwithstanding.
- 3 All these supplies and the soldiers have to be transported to the location, an easy task in the summer, when roads are operable, but once the snow falls, supplies will have to be flown in to the Army's bases. An hour-long flight to the LAC costs the Army at least ₹ 24 lakh.
- 4 To avoid any unnecessary expenditure, the Army stocks up supplies during the summer using trucks, which costs ₹ one lakh for a Srinagar-Leh trip. Helicopters are used sparingly.

Online classes, the way forward

AMOL GUJAR, TEACHER, RAM RATNA VIDYA MANDIR, MUMBAI



As soon as lockdown was announced on March 25, a lot of fields of work shifted to online. Education sector also began its classes online. It was indeed a confusing and baffling experience and offered a lot of new learning opportunities for educators.

As a teacher I know that online education is not difficult, but only some thoughtful consideration is required before approaching this new system. On the very first day and first lecture I had faced a lot of difficulties. But I have realized that I need to login in with two devices. So, it was helped me admit students faster in the Google Meet.

I planned for my online lectures from before hand, knowing that it would require a whole skillset to conduct these classes. I prepared many Power-Point presentations for each class. As I knew that the work load will be vast. I used up all holidays I got during May, planning for these online classes. I knew that students may not have any course content with them. So, I needed to present all the content on screen which will help them to understand various concepts easily.

Meanwhile, I felt that I am missing the student's involvement my lecture. But it was only in June, I got that opportunity to communicate with students, virtually.

I prepared for each lecture extensively and in detail. First step was to search for proper content on the internet and use

CBSE text books. So, it helped students to get extra knowledge about the topic. For all the classes I designed Power Point presentations and had planned each lecture. So when the lectures began in June I was confident and could keep students happy as well.

Now, I can proudly say that I can handle technology much better for online teaching. I must say that Covid 19 had given me an opportunity that I can use technology better for teaching. Use of technology for teaching students is must but this is an entirely different experience.



Some lessons worth sharing:
 * Once the screen is shared it takes 30 secs to 1 min for every student to see the screen
 * I can communicate both orally and in writing with the students.
 * I can record the lecture also
 * One learns something new each day

Finally, I can say that every crisis brings a new opportunity and it is up to an individual as to how he/she takes up those opportunities.

I express my sincere gratitude to my school management, principal, section coordinators, parents and students to present such a wonderful opportunity.

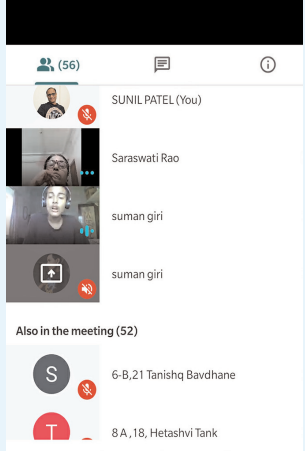
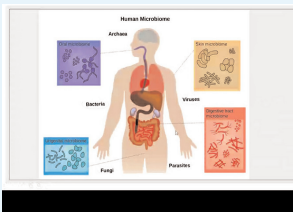
Save environment, save people

Pragnya Bodhini High School under the motivation of Seema Sheikh and NGO Srushtidyan celebrated World Microbiome day digitally.

The students completed various tasks like poster making, slogan writing, reciting poems, presenting research paper and power point presentation with respect to microbiomes.

The highlight of the students presentation was that irrespective of locational reservations they coordinated, used online platforms and presented their work.

Prashant Shinde and project incharge Iskra Shinde delivered a talk on CORONA pandemic and how these children be warriors from home, help save environment and save people.



Board Year Student: Their fears amidst uncertainty

NIHARIKA CHATURVEDI, TEACHER, KGES, MUMBAI

The whole world is fighting against the outbreak of novel corona virus. This is probably first time in history that schools and colleges across the nation are closed. Students who were earlier travelling to school by various means and meeting their friends &

ty who will be appearing for their boards and graduating to higher standards. Some of these questions are based out of fear and some due to anxiety. Anxiety of how tough or simple the paper will be, paper pattern, modality of the exam, how will they reach their centers etc.

Fear that this new normal may change the structure and the texture of careers for



TEACHER'S PEN

teachers on daily basis are confined to their homes now spend their days social distancing at home. Today's students find their education disrupted, loved ones at risk of illness and, in many cases, financial hardship. They must live in isolation, cut off from friends and classmates.



Schools across the country initially struggled to provide online classes to their students. These were a cause of awe and fun to students and a learning curve for teachers on how to use the apps. Students, parents and teachers all were skeptical on the effectiveness of this Medium but pretty soon it was obvious to everybody that this is the new normal.

This has posed many questions to the student communi-

ty. But my dear students, remember your past generations have confronted their own crises with grit, resilience and a commitment.

All this will pass, so in times like these we must remember to stay motivated, remain focused and continue to keep positive!

Our heroes on the frontline

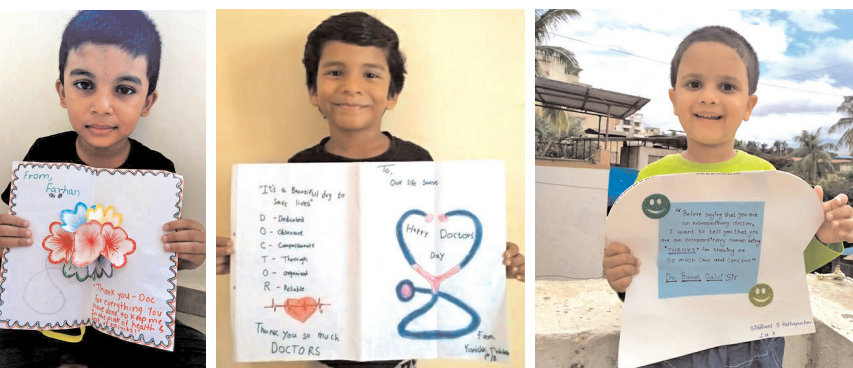
Indo Scots Global School celebrated National Doctors' Day on 1st July 2020 to recognise and honor the immense contribution extended by the medical fraternity towards our health and well being, especially in this harrowing time when the Covid-19 pandemic has wreaked havoc on the health and mortality of people all over the world.



ISGS made Thank you cards for the Covid 19 warriors of Fortis Healthcare with great zeal and eagerness. Each card was a tribute to these heroes who are fighting this medical war for the world and trying their level best to save lives.

The doctors in turn thanked students for this beautiful gesture and also communicated with them virtually to explain about the importance of hygiene for good health and how and why they should maintain it in all their activities. Gaining knowledge about right hand washing technique was the added bonus in this virtual meet.

To express their gratitude, learners of



POEM

HUMANS LOCKDOWN ENVIRONMENT FINDS THE KEY

A virus was roaming the streets in Wuhan Taking its toll, but the world went on. The temperature of the earth was rising on But pollution activities carried on. The air in Delhi was cause for alarm But as long as it did not affect us, we were calm.

And then almost overnight the scene changed Like a sci-fi movie, a silent war waged. Everyone sat up and had to take notice The threat was real, WE became the endangered species. Factories, and traffic all came to a standstill We were locked in and the earth began to heal!

The air cleared, the birds came back The ozone layer too, tried a life-hack! Dolphins and penguins reclaimed their spaces While we all watched, with masks on our faces. Striking a balance with nature is a necessity We humans were made aware of this reality. But all's not lost in this supposed calamity Mother nature continues giving - to boost our immunity. All it takes from us 'the superior' human race Is acceptance that no one ever wins the 'rat race'!

We must respect the environment and show responsibility As caretakers and not owners of the earth, it



is our duty. We certainly can never go back to the way we were We have to get back our roots, our earth, without abusing her. The gardens we've begun to nurture during this time Are quite capable to nurture us - that's nature sublime! Eventually the lockdown will end and we all will be free We'll share our resources with the flora and fauna of land and sea. Taking care of the environment will come naturally Hence, 'Save the Environment' is a slogan I never want to hear or see!

Joyce D'mello Fernandes, Teacher, Don Bosco Senior Secondary School, Seawoods

'Plant trees, save Nature'

RITU GANDHI, TEACHER

Covid 19 pandemic has demonstrated an interconnected nature of this world and that no one is safe until everyone is safe. Amongst this the caregivers and educators have responded in stride and have been instrumental in finding ways to keep children learning.

"Let's Nurture the nature, so that we can have a better future"

The Harmony family celebrated the World Environment Day on 7th July, using online platform for the positive

environmental action with full vigor and enthusiasm. To mark the day, the celebration started with a monologue on Mother Earth and to add more colour and to protect the roots of our existence, a skit on saving trees was conducted by Grade 5 students followed by a beautiful and dazzling poem on Mother Nature which painted a picture with words. Beautiful posters and slogans were shown by the tinny tots.

NO LOCKDOWN, CAN LOCK OUR ENTHUSIASM AND DETERMINATION



Three N D Bhuta High School honoured Sarita Shukla from Primary Section with Virtual retirement party on 30th June 2020 on Zoom.

The event began with prayer song, videos about Sarita Shukla's school journey, speeches and dances presented by all the Staff.

Greta Sequiera, principal of the school addressed Sarita for her outstanding contribution to the School. Rimple Shah, HM of pre-primary and her staff also contributed by bidding her colorful and vibrant farewell by showcasing Garba Challenge.

All her colleagues paid heartfelt homage to her. They considered her departure

as an irreparable loss to the school.

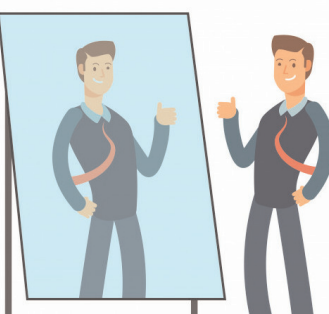
The icing on the cake was a surprise entry by her angels, one of them is settled abroad, was happy to be a part of her retirement meet. They both not only attended the meet, but also performed for her.

Too overpowered with mixed emotions to say anything coherently, Sarita Shukla was amazed and overwhelmed to see the gesture of her co-workers and their unbounded love for her.

Rakhee Pandya, headmistress of primary section thanked everyone for their outstanding participation and remarkable cooperation for making the digital farewell party a successful one.

SELF LOVE

Self love is defined as 'love of self or regard for one's own happiness and advantages'. We all love many people in our life, our parents, grandparents, siblings, friends, relatives, etc. We care for them. Our love and bond makes our relationship with them stronger and better. They become our strength and support. And guide us through all the challenges and difficulties of life. But



come. We get motivated to work towards our goals as our concentration is towards accomplishment of our goals and NOT towards people's opinion about us. Self love also helps us become more happy and it reminds us to take care of ourselves and so I start to pursue my hobbies and that results in making the best use of time and finally, leads to let us stop over thinking.

Love is the great miracle cure. Loving ourselves works miracles in our lives. - Louise Hay

You yourself, as much as anybody in the entire universe, deserve your love and affection. - Buddha

Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it. - M. Scott Peck

if we keeping loving and respecting people around us? When will we love and respect ourself?

Our life has many important things that become priority, but nothing is more important than a healthy sense of self - esteem and self

love. Self love makes our life become more simpler and easier as we stop over thinking. And don't make a mountain out of a mole. The more we love and respect ourself, the lesser we worry about people's opinion about us and the more confident we be-

And so if we don't love and respect ourselves, people will not respect us, we will feel more demotivated and will get redirected from our life goals.

Nupur Saral, Teacher, Infant Jesus School

Celebrating World Music Day

Grade 2 students of N L Dalmia High School celebrated THE WORLD MUSIC DAY on 22nd June 2020 with great enthusiasm and enthralled the audience by rendering melodious instrumental performances, thus witnessing a special online concert by the little musicians and teachers from the music mentors of the Performing Arts Department of the school.

The power-packed confluence of 8 finalist entertained the music lovers with their mesmerising performances. Young musicians of N L Dalmia High School played their heart out on their musical instruments and developed a far greater passion towards music. The vocals with the foot tapping beats given by the music teachers filled the event with an ecstatic musical ambience.

All in all, the merriment of the World Music Day celebration lifted the students' spirits with immense joy and their exhilaration was commendable.

Through this event, the school has created awareness among the children, about the importance of music in our life. Moreover, such activities improve memory skills and increase the student's lis-

tening skills in a fun, and in a relaxed manner. The celebration ended with the thanksgiving speech by the principal Seema Saini.



'God Has No Religion'

PIA JOYDEV OZA, CLASS IX, SSPM'S SRI SRI RAVISHANKAR VIDYA MANDIR, BORIVALI

In the world today, people from vastly differing religious backgrounds live together. However, there are countless clashes disturbing our peace, a lot of them depending, in fact, on the diversity of religion. Why is this so?

The roots of every religion trace back to the extremely pure ideals of brotherhood, love, and humanity. Every religion commands people to remain faithful to God and to love each other

STUDENT'S PEN

unconditionally. No religion ever demands war or conflict. It is people who have twisted the ideals of religions and hoodwinked us to believe that some religions state certain things which are quite contradictory to their true ideals.

It is crucial to understand the dire need to respect different religious backgrounds and to cease meaningless wars to prove the dominance of one's own religion.

As stated by Mahatma Gandhi, "God has no religion".