



THE TIMES OF INDIA

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STUDENT EDITION

TUESDAY, JULY 28, 2020



WEB EDITION

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



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

GET BACK TO YOUR READING HABIT



Have you been struggling to read a book during the lockdown? Is anxiety distracting you constantly from finishing the last pages of the book that you've been dragging on for months? Sharanya Manivannan, author of five books across various genres, including the children's book, 'The Ammuchi Puchi', recommends tips on how one can get back to the reading habit.

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.

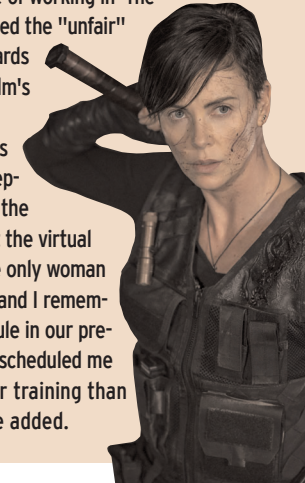
I started my training at the age of eight; my father trained me with the help of YouTube. Now, I am taking special training from a choreographer in order to learn the dance moves, while skating. I want to make records in the future. I feel proud after getting registered in the India Book of Records —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

NEWS IN BRIEF

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 "blinded 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

IT'S OKAY TO STRUGGLE

Manivannan says, "I struggled to read, initially. Slowly, I've found a routine that incorporates reading, writing and drawing. I always turn to children's literature, specifically to picture-books, when I need to self-soothe, and by putting this need first, I gradually found my way back to reading books for adults too."

SET LOW TARGETS

She stresses on the importance of setting targets that are small and manageable — if you're missing your family/friends, and are worried about them from afar, you can do without the additional anxiety over not reading enough. "I'd recommend two ways to return to the habit," Manivannan says. "Firstly, prioritise comfort reads over other ones, and secondly, set some kind of target based on your pace. This could be reading a book a week, or 10 books a month. At a time, where the sands are shifting under our feet constantly, realistic, low-stakes goals offer a sense of achievement," she adds.

BE PATIENT

Reading habits are deeply personal, and there's no one-size-fits-all method to beat a reading slump. There are, however, a few things that readers can be mindful during a time of restricted mobility. Don't be too harsh on yourself, rereads are just as valid as new territory, and distraction is not a sin — every now and then, there will be days, where you'll tear away from the book, after every 20 pages.



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

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

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.

YOUR CORNER

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/timesnie175@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 things, 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.

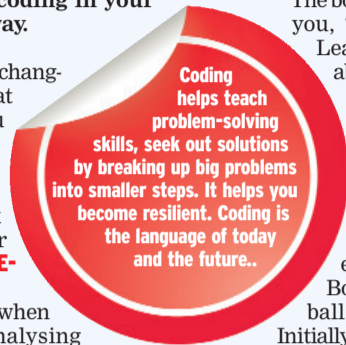
When your parents and

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

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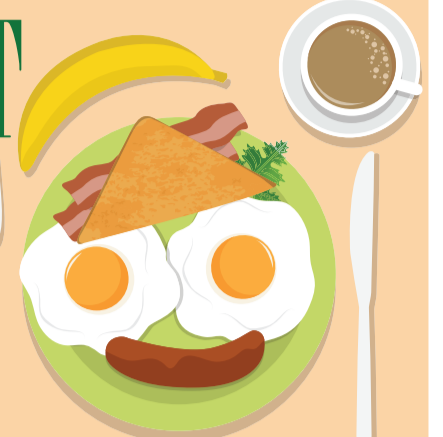
A lot has been said about breakfast being the king of meals and how it shouldn't be skipped at any cost. But you can't look at health and nutrition with blinkers on anymore. Breakfast provides the body and brain with fuel after an overnight fast, that's why the name - breakfast. But if you had your last 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 Mumun Ganerwal, nutritionist and fitness expert



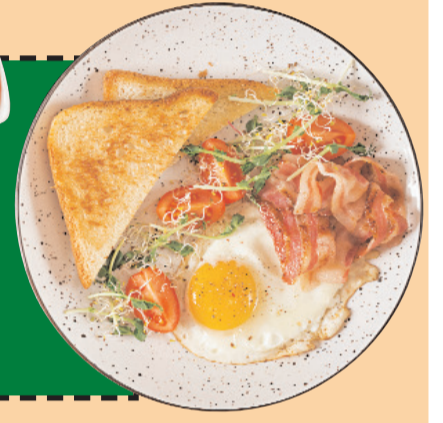
Fast or break-fast?

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.

- To which town does the old man belong?
A. San Lorenzo B. San Fernando C. San Carlos D. San Augustin
- Which of these animals has been left behind?
A. Cat B. Dog C. Pig D. Sheep

- What vehicle does the narrator recommend?
A. Bus B. Car C. Jeep D. Truck

- Which river is spanned by the bridge of the title?
A. Tagus B. Guadiana C. Ebro D. Douro

- When do the events take place?
A. Friday B. Sunday C. Wednesday D. Saturday



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

Suryakumari Dennison, teacher, Aavishkar Academy, Bengaluru

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

- 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

- How many students completed the Guinness World Record of "most students assembled simultaneously"?

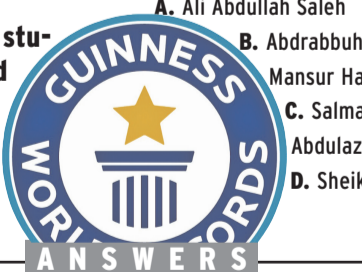


bling radio kits simultaneously?"

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

- 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

CHECK YOUR APTITUDE

- 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

- The slope is -7/8
- The slope is -8/9
- The slope is -1/2
- Find the slope of the

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

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

- Simplify. $2i+8i$

Write your answer in the

form $a+bi$.

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

ANSWER:

1. The slope is -9/8
2. 1
3. 10i

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 **bridle** 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

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

In association with

Topic
Career Guidance in Science and Maths

Speakers
Hitesh Maghe
Mathematics expert and HOD Mathematics, Vidyalankar
Meeran Chhadha Borwankar, IPS (Retd.),
Former Commissioner of Police, Pune

Date and Time: July 31, 2020 (6.30 PM)
Duration: 45 mins

CURRICULUM EXERCISES

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

circuit the power is used in does ____.

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



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 toinie175@gmail.com



JUMBLED WORDS

- trameau
A: traumatic B: mature C: amateur D: tremble
- fresalospion
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