



THE TIMES OF INDIA

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STUDENT EDITION

TUESDAY, SEPTEMBER 8, 2020



WEB EDITION

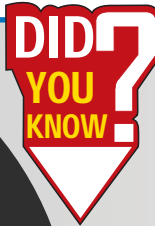
A programme on cyber security for children, educators



Facebook-owned messaging app WhatsApp has partnered with CyberPeace Foundation(CPF) to create awareness on cyber safety among students. WhatsApp said, the partnership aims to reach out to about 15,000 students in five states, including Delhi, Madhya Pradesh, Bihar, Jharkhand and Maharashtra, by the end of this year as part of a pan-India programme.

- CyberPeace Foundation will train teachers, parents and students, using a co-created curriculum to increase online safety for children in consultation with UNICEF and state police authorities
- The curriculum that has been developed by WhatsApp and CPF will focus on the developmental skills, and will provide consultation with education boards, and governments at the state and the national level

AVIATION ACCOUNTS for 3.5% of human's impact on GLOBAL WARMING!



Wondering how's our air travel linked to global warming? Well, if a latest study is to go by, the aviation impact on global warming has doubled in the past two decades. Using computer models, the researchers found that flying is responsible for about 3.5 per cent of humanity's contribution to climate change, and two-thirds of it is from contrails and other non-CO2 emissions. Contrails, include water vapour and nitrous oxide.

1 The researchers said that between 1940 and 2018, the worldwide aviation industry generated 26 billion tons of carbon dioxide, half of which was generated in the last 20 years

2 Contrails, formed by the soot and exhaust fumes, spewed out by jet engines, have played a bigger role in shooting up the carbon footprints

3 They, along with other non-CO2 emissions, are responsible for two-thirds of the industry's impact on climate change, the researchers added

HOW ARE CONTRAILS RESPONSIBLE FOR GLOBAL WARMING

- According to a report in Daily Mail, contrails are formed at high altitudes, when water vapour condenses and freezes around the jet exhaust
- These artificial 'clouds' can linger for seconds or hours, depending on the temperature and humidity, and their impact is complex and sometimes contradictory
- Contrails warm the planet by reflecting the heat back to the Earth, but they also have a lesser cooling effect by reflecting sunlight back into the space
- They've been blamed for everything- from severe weather phenomenon to respiratory illnesses and homosexuality
- Re-routing flights could help avoid creating contrail cirrus, but would mean longer flights and more fuel burnt, producing more greenhouse gas emissions



HERE'S WHY YOU SHOULD HELP OTHERS



In a latest study, researchers have revealed that performing acts of kindness and helping other people can be good for people's health and well-being. According to the study, the strength of the link depends on many factors, including the type of kindness, the definition of well-being, and the giver's age, gender and other demographic factors. Random acts of kindness, such as helping an older neighbour by carrying their groceries, are more strongly associated with the overall well-being than formal pro-social behaviour, such as scheduled volunteering for a charity.

Previous studies have suggested that people, who engage in more pro-social behaviour are happier, and have better mental and physical health than those who don't spend as much time helping others

CHANDRAYAAN-3 LAUNCH MAY TAKE PLACE IN EARLY 2021



Chandrayaan-3, India's mission to Moon, is likely to be launched in early 2021, Union minister Jitendra Singh said on Sunday. However, unlike Chandrayaan-2, it will not have an orbiter, but will include a lander and a rover, he added. Meanwhile, preparations are on for India's first-ever human space mission, Gaganyaan, he informed. The training processes and other procedures are also in place.

- After the hard landing of Chandrayaan-2 in September last year, ISRO had planned another mission to the Moon later this year
- However, the coronavirus pandemic and the lockdown have hit several of ISRO's projects and delayed missions like Chandrayaan-3

FACTOID \$20 MN

■ The Box Office collection of Hollywood film, 'Tenet', in the first five days in North America. 'Tenet' is the first major Hollywood release in six months as the movie theatres struggle to return to normal, courtesy Covid-19. With a production budget of \$200 million, the film's early rollout represented a major gamble for the producers.

NEWS IN BRIEF

ENTERTAINMENT

Character of Batman thrives on reinterpretation: Christopher Nolan

Filmmaker Christopher Nolan has said that reinterpretation is necessary to do justice to the character of Batman on the big screen. In an interview, Nolan, best known for his 'Dark Knight' trilogy, said that he believes that the superhero character "thrives" on a director's vision, and how he executes it. "One of the first things, I learnt when we went to talk to the DC guys before 'Batman Begins' is that the character of Batman thrives on reinterpretation," Nolan said. "Each generation creates its own version. That's what keeps the legend fresh," he added.

His three films, 'Batman Begins' (2005), 'The Dark Knight' (2008) and 'The Dark Knight Rises' (2012) were lauded by critics and raked in big numbers at the global box office



Instagram launches a separate Reels tab for users in India

Two months after launching the short video format Reels in India, Facebook's photo sharing app, Instagram, has launched a separate tab for Reels only for the Indian users, the company said. Since the launch, Instagram has partnered with MTV for their home sporting event, MTV Home Games, where participants had to participate in an exclusive reels challenge.

India is the first market, where the company is launching the Reels tab due to the 'interest' and 'creativity' it has seen here, and is planning to integrate more tools in future, Manish Chopra, director and head of partnerships at Facebook India, said

TECH BUZZ



THAT ARE ONLY A MINUTE-LONG

MIGRATION

1 This short film by Andrey Levkovich is simple and stunning. It features a flock of red balloons on a snowy field wandering wherever the wind blows them, and while it's contemplative instead of plot-driven, the final sequence delivers a delightful how-did-he-do-it magic trick of beauty.

M22

2 A truly eyebrow-raising entry, this short film blends alienating imagery with the very mundane to an excellent effect - a bit like shoving alternative universes inside the nooks and crannies

FISH SUPPER

3 It is a quirky mini-doc about a shabbily-dressed old man, who fishes for eels every day on the Thames River. The movie takes us on a brief (yet complete) journey of a hobby of a man, and how it drives him all the time

THE EXPLORER

4 A one-minute-long film by Alexander Vestnessträumen and Ola Martin Fjeld from Norway, 'The Explorer' is about a man, who wants his little brother to stop bothering him, while he works on an elaborate system of mirrors for a highly-important mission. Smartly edited, it keeps the audience hooked with interesting punch lines.

SPEEDBOAT THAT FLIES ON WAVES MAKES DEBUT

FEATURES

The world's first electric-powered hydrofoil speedboat, which reduces energy consumption and noise- as well as sea sickness- by "flying" above the waves, has made its debut on Switzerland's lakes...

➤ Called Candela Seven, the boat can hit speeds of 55 km per hour, when its foils lift it out of the water. Its manufacturers say, it travels further and smoother than any other electric boats. The foils reduce water friction, and the effect of waves slamming into the boat, thereby cutting energy consumption by 80% compared to normal diesel-powered boats and

extending the craft's range to 90 km. ➤ The carbon fibre boat also carries an onboard computer, which automatically adjusts the foil positions 100 times per second to reduce rolling and sea-sickness. ➤ Until now, electric boats have tended to sacrifice either speed or range because of the capacity limits of their batteries.

COST

The boat, which costs around 250,000 euros (\$296,000), would be a good fit for Switzerland's lakeside cities, like Zurich, Lucerne and Geneva



Be happy...

... because teachers, it helps you work with other people and contribute to the society in a positive manner. It also affects your physical health. Research shows a link between an upbeat mental state and physical signs of good health. These include lower blood pressure, reduced risk of heart disease, and healthy weight

Re-connect with friends and family

Catch up with your family members on video calls and regular phone calls, and make sure to talk to your friends too in your free time. While talking to your near and dear ones, steer clear of unhappy and negative conversations like discussing rising Covid-19 rates, depleting jobs and so on. Try to talk of fun things like new recipes you have learnt or memories that make you happy and peaceful.



ANNOUNCEMENT

Times NIE Principals Webinar: DELHI

Times NIE, in association with Manipal Hospitals brings you a Principals' Webinar on the topic **New Norms for Children of Post COVID-19 World - How to Adopt!**



The discussion will touch on how covid is different among children, the risks involved in getting back to school, mitigating risks at home, the vaccine, and impact of the pandemic on the school curriculum.

Date: Sept 9, 2020
Time: 4:00 - 5:30 pm

REGISTER:
timesgroup.zoom.us/webinar/register/WN_2AOMxaGRuysTzNEwy1Q2A

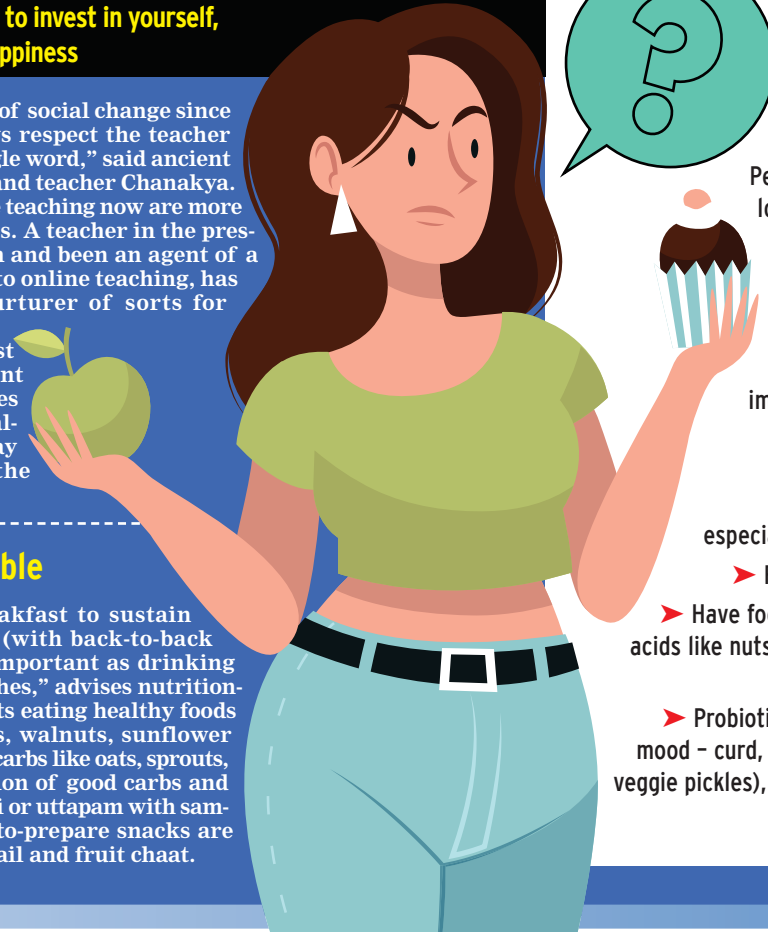
WE WISH THIS FOR OUR TEACHERS, FAMILY AND OURSELVES

Begin by a promise to yourself - to invest in yourself, your health and happiness

Teachers are the harbinger of social change since time immemorial. "Always respect the teacher who even taught you a single word," said ancient India's great philosopher and teacher Chanakya. However, what teachers are teaching now are more than mere words or academic lessons. A teacher in the present world of education that has seen and been an agent of a huge shift from classroom teaching to online teaching, has become a mentor and a social nurturer of sorts for students struggling to adjust to this new normal. While giving their best to students, it's all the more important for teachers to take care of themselves - physically, mentally and emotionally. Check these tips by experts to stay healthy and happy - during the pandemic and also after it's over.

Healthy diet is non-negotiable

"Start the day with a healthy breakfast to sustain release of energy through the day (with back-to-back online classes). Hydration is very important as drinking liquids prevent dizziness and headaches," advises nutritionist Ritika Samaddar. She also suggests eating healthy foods like fruits, nuts and seeds (almonds, walnuts, sunflower seeds and flaxseed) as well as complex carbs like oats, sprouts, cheela. Meals should be a combination of good carbs and protein such as rice and dal/khichdi or uttappam with sambar. Some nutritious and easy-to-prepare snacks are makhana, bhelpuri, nuts trail and fruit chaat.



INCLUDE MOOD BOOSTING FOODS IN DAILY DIET

People are complaining of low mood and diminished energy in pandemic time. Teachers have to be positive and energetic in class - so have food that helps in improving your mood on a daily basis.

- Make sure there is no micronutrient deficiency especially of iron and vitamin D
- Reduce intake of caffeine
- Have foods rich in omega 3 fatty acids like nuts, seeds, fish, green leafy vegetables
- Probiotics and prebiotics elevate mood - curd, fermented foods (kimchi, veggie pickles), banana, oats and berries

(By Ritika Samaddar)

What about handling difficult students?

Look at your work from a fresh perspective. Think of innovative ways to engage with students who have so far not responded to your efforts. Don't judge yourself if the process is taking longer than you intended it to be. To focus on so many students and gauge their behaviour and strengths and weaknesses every hour is not possible. Do your best and believe that your efforts can make a difference. Meet and greet students with optimism and positivity - and your positive energy will have a trickle-down effect on less receptive children too.

LEARN TO SAY NO

Be compassionate to yourself

Prioritise tasks and say 'no' to ones that are difficult for you to handle because of the limitations restricted movement has put on people. It is stressful to promise too much at work and not being able to deliver. And don't beat yourself up for not being able to perform your best all the time. "Teaching is the toughest profession: you are mother/father to 35-40 kids in each class," opines psychiatrist Dr Sanjay Chugh. He suggests giving yourself the benefit of doubt in difficult and new situations like the ones we are facing in Covid era.



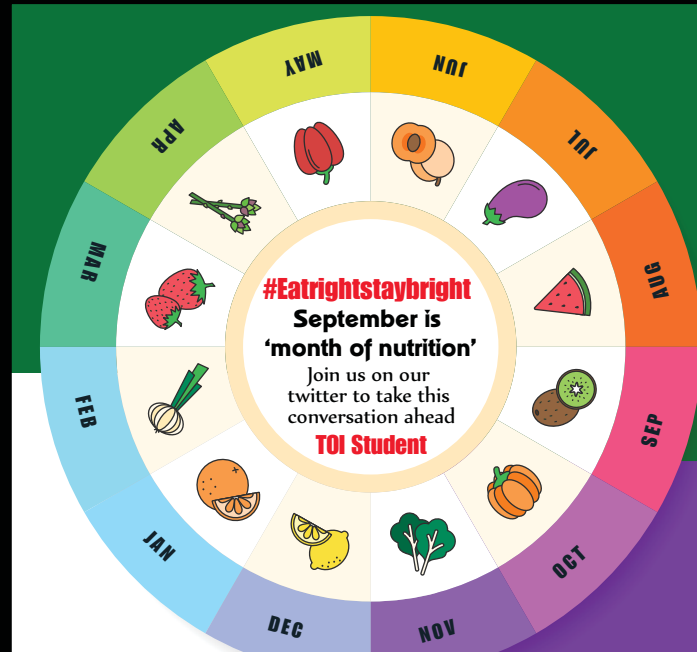
MATH Game

Puzzle #7

NAME: _____
DATE: _____

- ACROSS**
1. (424 - 120) X 2 =
 4. 2 dollars + 3 quarters + 2 dimes = \$ _____
 6. 8 yards = _____ inches
 7. 645, 655, 665, _____, 685...
 8. (24 X 8) - 50 =
 10. 4 dollars + 4 quarters + 1 nickel = \$ _____
 12. 4210 ÷ (6 X 14) =
 14. 1000, 1011, 1022, 1033, 1044, _____
 15. 1624 - 740 =
 17. (6 X 6) X 6 =
 19. 1000 - (25 X 7) =
 21. (62 X 4) X 2 =
 22. 4 pennies + 2 dimes + 8 pennies = \$ _____
 23. 4 yards + 2 feet = _____ inches
- DOWN**
1. 6 dollars + 3 nickels + 1 penny = \$ _____
 2. 6 dollars + 9 quarters = \$ _____
 3. (6 X 100) X 8 =
 4. 209, 207, 205, 203, _____
 5. 286 X 2 =
 9. 4 dollars + 3 nickels + 5 _____ = \$ _____
 10. 5 dollars + 4 dimes + 9 pennies = \$ _____
 11. 500, 507, _____, 521, 528...
 13. 77 X 3 =
 16. 2011 X 4 =
 17. 6 yards = _____ inches
 18. 2 Down - 4 Down =
 19. 1500 - 689 =
 20. 5 dollars + 2 quarters + 8 pennies = \$ _____

Making Math fun is essential to engage students in even learning the basics. We see the difference in achievement when students are engaged and participating. So making learning fun is a big part of our goal!



EGGS ARE GOOD

1 Some protein in your breakfast is always a good idea. So, have eggs with bread (wholegrain/multigrain) or roti for satiety and flavourful food. Boiled or pan fry, poach or omelette - all are good. For better nutrition, add green veggies such as broccoli, capsicum, spinach to your egg recipes.

HAVE A SMOOTHIE

2 A fruit or vegetable smoothie is apt for busy mornings. Just chop some seasonal fruits, place in a blender with honey, and blend until frothy. You can also mix fruits and veggies, for example, carrot and orange combination is very nutritious and tasty.

EAT WHOLEGRAIN, NOT PROCESSED

3 A store bought packet of noodles may sound lucrative for breakfast. But don't give in to this temptation - maida is bad for your gut and brain. "Opt for wholegrain paratha, porridge or oats, as these foods will give you the requisite nutrition required to feel energetic and begin your work," advises nutritionist Ritika Samaddar.

5 best breakfast ideas

The first meal of the day is important. Make it nutritious to get your fill of energy throughout the day. Here are some healthy and tasty ideas for your breakfast

pallavi.shankar@timesgroup.com

MILK IN THE MORNING

4 Despite the not so good press that milk gets sometimes, it's a wholesome food. "A toast with some warm milk for a quick morning bite is always good," says Samaddar. Milk keeps the stomach full for a long time and is especially good for bone development in children and teens. For those not too fond of milk, yoghurt is a good option. Sugar-free muesli with yoghurt and chopped fruits is very filling and delicious.

ENJOY IDLI SAMBAR

5 Idli sambar and uttappam are great options. Foods like idli are good for the gut and if you have them with coconut chutney, you are doing your skin and hair a service too, because coconut is rich in fatty acids and nourishes the skin internally.

BETROOT PARATHA

1. Rinse, peel and grate 4 medium-sized beetroot.
2. Heat a pan and add 1 teaspoon oil. Then add the grated beetroot.
3. Saute beetroot on a low flame for 5-6 minutes, till there is no moisture in them. They will be partly cooked and also appear dry.
4. Now add 1 to 2 green chillies (finely chopped), 1 teaspoon amchur powder or dry pomegranate powder, 4 teaspoon garam masala powder and salt as required. Mix well. Switch off the flame.
5. Stuff the mixture inside kneaded wholewheat dough, just like any other paratha, and cook it on tawa. Your beetroot paratha is ready to be served. Enjoy it with pickle or green chutney.

GEOGRAPHY TEST

Continent Map Quiz

Country Map Quiz

Quiz time

MIXED BAG

Q.1) Where in Karnataka does the Dasara elephant parade have an elephant parade?

- A. Mysuru
- B. Hubli
- C. Bengaluru
- D. Shimoga

Q.2) Kumbhkarana, the demon, is infamous for his excessive...

- A. Sleeping
- B. Climbing
- C. Eating
- D. Killing Ravana

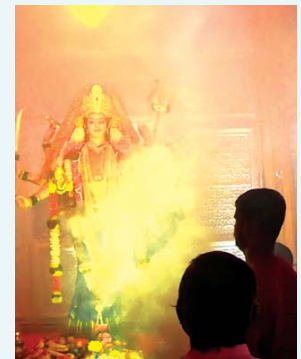
Q.3) In what form did Ravana disguise himself to kidnap Sita?

- A. A beautiful bird B. A golden deer C. A poor Brahmin beggar D. A little boy



Q.4) According to Ramayana, Lord Rama performed this puja to win over Ravana...

- A. Shiv Puja
- B. Vinanak Puja
- C. Durga Puja
- D. Kali Puja



ANSWERS

1. A) Mysuru 2. A) Sleeping 3. C) A poor Brahmin beggar 4. C) Durga Puja

Word Wise

Harry: Annoy continually or chronically. To ravage, as in war; devastate.

Synonymous words: plague, trouble, plunder, pillage, rob, etc.

Examples: ■ There's something uplifting about hearing a string instrument when I'm feeling ragged or **harrid**. ■ The troops **harrid** the countryside.

■ He was **harrid** by constant doubts.

■ I would generally **harry**, hassle and hound them until they give up or leave the country.

■ He disliked crows very much, and used to get his servant to **harry** their nests.

IDIOM OF THE DAY

➤ **ACTIONS SPEAK LOUDER THAN WORDS** Meaning: It's better to actually do something than just talk about it.