



# THE TIMES OF INDIA

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STUDENT EDITION

FRIDAY, SEPTEMBER 18, 2020



WEB EDITION

## PRE-RECORDED CHEERS, FANS' REACTIONS TO BOOST PLAYERS' SPIRIT

The 13th edition of the Indian Premier League (IPL) to be held in the UAE from September 19 will be all about innovation, courtesy the coronavirus pandemic. With the Board of Control for Cricket in India (BCCI) keeping fans away due to the virus, the eight teams have decided to pre-record the reactions of cheerleaders and fans, which they will play during the matches. An official of one of the franchises said, the eight teams have decided that the best way to give the players a feel closest to the presence of live audience at the grounds is to pre-record cheers of fans and cheerleaders and then to play them on the giant screens.

IPL 2020

- The short-form extravaganza normally starts in March but along with other major international sporting events, it was postponed, as countries went into virus lockdowns. It was then moved to the UAE, as cases rose in India
- The games will be played behind closed doors
- All the eight teams have been in strict, bio-secure 'bubbles' since landing in the UAE.
- There will be no gala opening ceremony for the world's richest T20 league
- Players will be ferried to and from the hotels under strict BCCI health safety protocols



### THE TEAMS

- Chennai Super Kings (CSK)
- Rajasthan Royals (RR)
- Kings XI Punjab (KXIP)
- Delhi Capitals (DC)
- Mumbai Indians (MI)
- Kolkata Knight Riders (KKR)
- Royal Challengers Bangalore (RCB)
- Sunrisers Hyderabad (SRH)

### THE SCHEDULE

- 1 The IPL 2020 is slated to be played from September 19-November 10 in the UAE across three venues – Dubai, Abu Dhabi, and Sharjah
- 2 Mumbai Indians and Chennai Super Kings will be locking horns in the opening match on September 19. Dubai will play host to 24 games, 20 matches will be hosted by Abu Dhabi, while Sharjah will hold 12 games. The opening match will be played in Sheikh Zayed Stadium in Abu Dhabi.
- 3 For the first time in the history of the tournament, the finals will be played on a weekday, ie Tuesday. Both the afternoon and evening matches will be played half an hour earlier than usual, this time around
- 4 There will be a total of 10 doubleheaders (a set of two games played between the same teams on the same day) in this edition of the tournament. The evening matches will be played at 7:30 pm IST, while the afternoon matches are due to start at 3:30 pm IST

### NEWS IN CLUES

Bridgetown is the capital of which country?

- CLUE 1: Locals of this country call themselves, "Bajans".
- CLUE 2: Popstar and Grammy award winner Rihanna was born in this country.
- CLUE 3: Its name translates from the Portuguese/Spanish term meaning, 'the bearded ones'.

**ANSWER: BARBADOS.** The Caribbean island country has announced its intention to remove Queen Elizabeth II as its head of state and become a republic. It aims to complete the process in time for the 55th anniversary of its independence from Britain, in November 2021.

### CHEF VIKAS KHANNA HONOURED WITH ASIA GAME CHANGER AWARD FOR FEEDING MILLIONS IN INDIA AMID COVID CRISIS



Star chef Vikas Khanna will be honoured with the prestigious 2020 Asia Game Changer Award for feeding millions across India amid the Covid-19 pandemic through a massive food distribution drive that he coordinated from thousands of miles away in his Manhattan home. The Asia Game Changer Awards, launched by the Asia Society—a US-based non-profit organisation—in 2014, identify and honour true leaders who make a positive contribution to the future of Asia.

### KHANNA IS THE ONLY INDIAN ON THE LIST NAMED BY THE LEADING ORGANISATION

As the Covid-19 pandemic hit India, Khanna, sitting thousands of miles away in New York, launched a food distribution drive that steadily reached millions across the country. Since April, Khanna's #FeedIndia initiative has distributed 35 million meals, including cooked and dry ration, as well as 500,000 slippers, 3.5 million sanitary pads, two millions masks, and other essential supplies across hundreds of cities throughout India.

### FACTOID \$460 BN

The revenue loss in the global tourism sector, courtesy the coronavirus in the first six months of 2020, as the number of people travelling plunged, the UN said. The revenue lost between January and June amounted to "around five times the loss in international tourism receipts recorded in 2009, amid the global economic and financial crisis," the Madrid-based World Tourism Organisation said. International tourist arrivals fell by 440 million (65 per cent) during the period. The Asian continent saw the steepest decline, it added.

- While tourism is slowly returning to some destinations, the UN body warned that "reduced travel demand and consumer confidence" would continue to hurt the sector for the rest of the year
- It predicted that international tourist arrivals will plunge by around 70 per cent in 2020, owing to the coronavirus
- International tourism arrivals rose by four per cent in 2019 to 1.5 billion, with France as the world's most-visited country, followed by Spain and the US
- The last time international tourist arrivals posted an annual decline was in 2009, when the global economic crisis led to a four per cent drop
- The UN body said, it expects it will take two to four years for tourist arrivals to return to 2019 levels

### DEBUTANTE WRITER AVNI DOSHI AMONG SIX AUTHORS ON BOOKER PRIZE 2020 LIST

Dubai-based Indian-origin author Avni Doshi is among the six authors shortlisted for the 2020 Booker Prize for her debut novel, 'Burnt Sugar'. The shortlist was unveiled virtually in London on Tuesday after judges re-evaluated the 13 longlisted novels published in the UK or Ireland between October 2019 and September 2020.

- Doshi, born in the US and now living in Dubai, has previously spoken about the long journey to her first novel, which was released in India last year as 'Girl in White Cotton' and for its UK release in July
- The rest of the shortlist, include Diane Cook for 'The New Wilderness', Zimbabwean writer Tsitsi Dangarembga for her third novel in her trilogy, 'This Mournable Body', Maaza Mengiste for 'The Shadow King' and Douglas Stuart for 'Shuggie Bain'



BOOK

### NEWS IN BRIEF

CLICK HERE FOR MORE

#### SCIENTISTS PREDICT THAT COVID-19 WILL BECOME A SEASONAL VIRUS



CORONA UPDATE

We are all too familiar with the seasonal patterns of some respiratory viruses, and now scientists suggest that Covid-19 is likely to follow suit and become seasonal in countries with temperate climates, but only when herd immunity is attained. Until that time, Covid-19 will continue to circulate across the seasons, they add.

- According to scientists, influenza and several types of coronaviruses that cause the common cold are known to peak in winter in temperate regions but circulate year-round in tropical regions
- The virus survival in the air and on surfaces, people's susceptibility to infections and human behaviours, such as indoor crowding, differ across the seasons due to the changes in temperature and humidity, they explain
- These factors influence the transmission of respiratory viruses at different times of the year
- However, in comparison to other respiratory viruses, such as the flu, Covid-19 has a higher rate of transmission (R0), at least partly due to the circulation in a largely immunologically naive population, they warn

#### LEGO TO DITCH PLASTIC BAGS FOR PAPER ONES IN ITS BOXED SETS

Lego has announced that it will stop using plastic bags inside its boxed sets and replace them with paper ones. The Danish toymaker said it will start making the switch next year, and expects plastic bags to be completely phased out in the next five years. The bags are used to hold loose bricks in boxed sets. Lego's colourful bricks are also made of plastic, but the company has had trouble finding another material that's as durable.

- Lego, as well as other big brands, have been looking for ways to cut plastic use in order to please customers, who are increasingly worried about how their purchases impact the environment
- Monopoly maker Hasbro, for example, has also announced plans to eliminate plastics from its packaging



## Can you say NO to WHITE SUGAR?

Sugar is an integral part of our diet. To wean away from its temptations is no joke, especially in a world culture that shares any happiness with desserts—from cakes to gulab jamuns and milkshakes to colas. The fact that we address people, who are nice and good as 'sweet' speak volumes of how embedded the sweetness trail is in the way we eat and live. So, do we need to put a lid onto all the things that are sweet? Of course not. Enjoy sweetness but restrict its usage.

### WHY IS WHITE SUGAR BAD?

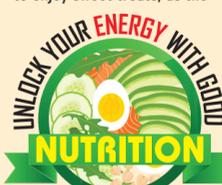
➤ Health experts say that white sugar consumption is a major cause of obesity and many chronic diseases, such as type-2 diabetes. India has a high burden of diabetes ➤ It is predicted that by 2025, there will be around 17 million obese children in India. Obesity in children is linked with excessive sugar consumption found in processed food, like biscuits, burgers, chips, colas, and so on ➤ White sugar-sweetened drinks, like sodas, processed juices and sweet teas are loaded with fructose, a type of simple sugar, which in excess is harmful



### ENJOY SWEET TREATS MINDFULLY

**TRY THE SPICE ROUTE:** "Add natural spices, like honey, cinnamon and vanilla extract to your food, as they are naturally sweet and flavourful," advises nutritionist Ritika Samaddar. These spices also happen to be natural and healthy alternatives to white sugar. **SMART SWAP:** Instead of a spoonful of sugar, add a teaspoon of honey to your milk. It will sweeten your warm milk and provide you with the goodness and nutrients found in honey.

**GO FOR FRUITS:** "Snacking on seasonal fruits is the best way to enjoy sweet treats, as the



natural sugar found in fruits is satiating and not harmful for the body," says nutritionist Neelanjana Singh. "Chop banana and dates, and add them to your oats and fruit shakes to savour

the sweetness," she suggests.

**SMART SWAP:** Banana and dates and other dry fruits like walnuts and raisins are great replacements for sugar in bakery items, like cakes, muffins, etc. So are dried fruits, like blueberries and cranberries

**OCCASIONAL SUGAR TREATS ARE OKAY:** Remember having an occasional bite of something sweet won't wreak havoc on your body. Go ahead and enjoy that special birthday cake but restrict it to a small piece rather than polishing a plateful of big pieces

# When the CHIPS are down... But NOT OUT

## HEALTHY TASTY VEGGIE CHIPS FOR SNACK TIME

Swap calorie-rich potato chips with home-made pan-fried 'colourful chips'

Is your child tucking into greasy and fried potato chips during his TV time? Parents make munch time healthy with alternative options to fatty potato chips. Try pan-fried veggie chips – they are super nutritious and as much fun (with their different colours and flavours) as packaged chips. Check these ideas and munch away to good health.

### Sweet potato

Wash and very thinly slice sweet potatoes. Once done, par boil the slices for a few minutes and drain water. Pat dry the slices and sprinkle red chilli powder, salt and pepper. To make the chips crunchy, add a dash of corn flour. Then heat a pan and add 1 tbsp olive oil, add the slices and cook them on low flame by flipping sides. Keep the flame low for that crunchiness.



### Beetroot chips

Wash and make thin slices of beetroot. Then coat the slices with some salt, pepper, turmeric and dried mango powder and red chilli powder; to make it more delicious you can add a dash of lime juice. Then heat a pan, put olive oil and gently place the slices, when the oil is hot enough and allow the chips to turn crispy.

**HEALTH QUOTIENT:** Beetroot has high quantities of protein, fibre, magnesium, phosphorus and iron – it keeps blood pressure stable and is excellent for brain development.

**HEALTH QUOTIENT:** This root vegetable is rich in vitamins A and C, manganese, niacin, potassium and loads of fibre. Sweet potato protects eye health and increases immunity levels.

**HEALTH QUOTIENT:** Turnip is high in vitamins K, A, C, E, B1, B3, B5, B6, B2 and folate: it is effective in removing toxins from the body.

### Turnip chips

These chips are absolutely delicious and healthy. Just wash and make thin slices of turnips; coat with spices of your choice, cornflour flour and salt and pepper. Then heat a pan, add some olive oil and place the chips and cook well. Serve with a dip.



**HEALTH QUOTIENT:** Kale is rich in vitamin A, A and K and alpha-linolenic acid – an omega-3 fatty acid – because of its high fibre, it is great for maintaining weight.



### Kale chips

Wash kale leaves, and coat with some olive oil, paprika and salt. If you are fond of some spices then you can also add a dash of mixed herbs or piri piri seasoning as per your taste. Grease a pan with some olive oil and gently, add the leaves coated with spices and oil and pan fry. Serve with home-made chutney or sauce.

## DE-STRESS WITH THESE BOOKS

Whether you want to get through the daily grind of life in the ongoing pandemic or just want to learn how to manage conflicting thoughts of your mind, we have found four books to help you get there...

It calms the mind and relaxes the body. Reading also helps the mind engage with imagination and creativity



### Why Zebras Don't Get Ulcers: The Acclaimed....

BY ROBERT SAPOLSKY



Stress is a holdover from our hunter-gatherer days. Back in those days you needed the fight or flight response that stress brings about to survive any encounters with predators etc.

### A Mindfulness-Based Stress Reduction Workbook

BY BOB STAHL

Mindfulness Based Stress Reduction (MBSR) is a popular method of handling stress. It has been clinically tested and is taught by mental health clinics in classes around the world.



### Don't Sweat the Small Stuff and It's All Small Stuff: .....

RICHARD CARLSON



This book is loaded with simple advice to cope with the hassles of daily life. It is designed to help put your life into perspective and understand that excessive worry and stress does not help you.

### Fighting Invisible Tigers: A Stress .....

BY EARL HIPPIE

This is proven, practical advice for teens on coping with stress, being assertive, taking risks, making decisions, staying healthy, dealing with different kinds of fears and more.



## Activities BOX

### GARDENING GYAN

## Ant repellent with soap solution?

Yes, it's possible. Mix a teaspoon of dish-water liquid or any soap liquid in a pint of warm water. Spray it on and around the plants. If you have peppermint oil then add a few drops of it to the solution to make it more effective. Do this at night, and the next morning spray some fresh water on plants to remove the soap solution. The smell of detergent helps in driving away ants.



Spices such as cinnamon, cloves, chilli powder, coffee grounds, or dried mint tea leaves can be scattered around the base of the plant too to deter ants



### KNOWLEDGE BANK

#### Horned Melon

This is an annual vine in the cucumber and melon family, Cucurbitaceae with fruit having horn-like spines. Native to Africa, it is now grown in the US, Australia, New Zealand and some European countries. It is a chief source of water in the desert regions. This melon is used as a snack or salad. It can be eaten at any stage of ripening, but when overripe, will burst forcefully to release seeds. The ripe fruit is orange with lime green, jelly-like flesh – similar to that of a pomegranate or passion fruit.



FRUIT

## Mom and Dad writers tell us their stories...

### I am my daughter's Wonder Woman

Though, I don't think I've done something extraordinary for my beloved daughter, Aayushi, yet she always calls me her Wonder Woman. The warm, precious hug she gives me while saying this is the greatest pleasure of life. The satisfaction and comfort I get from these words is priceless. Aayushi is our loving daughter and we both (her dad and I) pamper her to the hilt. I believe all kids should be brought up



with a lot of love and affection. My daughter is friendly with her father, but our bond is special. It has become even more strong since Aayushi reached puberty. That is when we actually sat down and talked about various things. As a parent, I feel this is a crucial time when we need to talk very open-

### I am my child's BFF

My dear son Tanishq, is 11-year-old and studies in class six. He considers me his best friend and this makes me happy. My child shares everything with me. That is something I have never done with my parents. I had always found it difficult to have a conversation with my father. But with Tanishq, I make sure that gap isn't present. We discuss everything under the sun. I have re-



alized that times have changed. Parents are more open with their children and that is the way it should be. We want our wards to grow up in a confident set-up. I am happy with the time I give to my son.

AJAY KAPOOR with his son, Tanishq

ly to our children. My daughter is concerned about women's empowerment and hygiene. She is interested in studying Biology and other related topics. I am proud of my daughter's strong opinions and the fact that she doesn't shy away from expressing herself. I think that makes me a winner! She tells me that she has learnt how to be strong and opinionated from me. I am also her best critic and first reader. She writes journals and I am happy that she shares them with me. All this makes us grow together as mother-daughter.

SEEMA AMIT RAJHANS with her family from Pune.

### LET YOUR IMAGINATION FLY AND SOAR HIGH

#### MAKE A PICTURE STORY (70 WORDS)

See the pic carefully and identify the players in the frame. Write a story (make it imaginary) about what happens NEXT... Is it a wicket? A catch at the boundary? Or are they discussing about a quiz and who has scored in it? Tell us at timesnie175@gmail.com



Photo: GETTY IMAGES

### HISTORY MYSTERY

#### Jumbled Words

1. TTAHCTPAAI

Hint: Folk Painting Style

2. IASTRTAY

Hint: Classical Dance Form



3. URAUGASTMDPA

Hint: One of the rulers of the Gupta Dynasty

4. WCEIRO

Hint: Was used as a form of money in ancient times

5. AKNAGIBALN

Hint: One of the Harappan sites

Content by 'History Diaries'. Co-founded by Dr. Chhavi Ahluwalia. It is an initiative to make history interesting, engaging and relevant, transforming the way it is being taught in schools

#### ANSWERS

1. Pattachitta
2. Sattriya
3. Samudragupta
4. Cowrie
5. Kalibangan

### LOCKDOWN DIY

#### Make Rice Body Lotion at home

This pandemic has given people the time to explore interesting DIYs. Try this one to nourish your skin. Here's the recipe.

Start by rinsing uncooked rice under running water to remove any dirt.

In a pot of water, boil some rice until it turns soft and mushy – once it cools down, you can grind the rice in a mixer to make a paste.

To this paste, add a few drops of vitamin E oil, which is loaded with antioxidants and is super hydrating.

To add some fragrance to the paste, you can also add a few drops of any essential oil.

Once you have mixed all these ingredients, pour it in a glass jar and store in the fridge. This DIY lotion can last up to 4-5 days when refrigerated.

