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STUDENT EDITION
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WEB EDITION

MS DHONI RETIRES FROM INTERNATIONAL CRICKET

MAHI WAY: From railway tkt collector to CAPTAIN COOL

WHEN MS DHONI smashed the six that won the World Cup for India in 2011, it instantly became an iconic moment in cricket and established the man, who started out as a railway ticket collector, as one of the game's greats. Hard-hitting, unruffled even under pressure, the record of 'Captain Cool', and India's most

His countless endorsement deals and TV ads not only made him a sports superstar to rival Sachin Tendulkar but also put him in the Forbes list of the world's richest athletes. In 2015, his income was estimated to be \$31 million

successful captain, will be virtually impossible to beat. Holding the inaugural World T20 trophy in Johannesburg in 2007, and leading India to victory in the WC final against Sri Lanka at Mumbai's Wankhede stadium will remain etched amongst the most memorable Dhoni moments.

HERE'S WHY DHONI IS CAPTAIN COOL

- Dhoni was one of the country's most successful captains, before stepping down as the skipper of the limited-over teams in 2017
- Under his stewardship, India won the T20 World Cup in 2007, the 50-over World Cup in 2011, and the Champions Trophy in 2013
- The team also reached the top of the Test rankings in 2009 under his leadership

REACTIONS GALORE

What you've done for the country will always remain in everyone's heart. But the mutual respect and warmth, I've received from you will always stay in mine. The world has seen achievements, I've seen the person. I tip my hat to you @msdhoni

VIRAT KOHLI, Indian captain

Your contribution to Indian cricket has been immense, @msdhoni. Winning the 2011 World Cup together has been the best moment of my life. Wishing you and your family all the very best for your 2nd innings

SACHIN TENDULKAR, former Indian captain

Major announcements made by PM Modi on I-Day



1 EVERY INDIAN TO HAVE A DIGITAL HEALTH ID: PM Modi has unveiled an ambitious National Digital Health Mission, under which every Indian will get a health ID that will ease access to the medical services. The health ID will contain information about your medical data, prescriptions and diagnostic reports, and summaries of the previous discharge from the hospitals for ailments. The mission is expected to bring efficiency and transparency in the healthcare services in the country.

2 NEW CYBER SECURITY POLICY TO BE UNVEILED SOON: The draft of the National Cyber Security Strategy 2020 that envisages creating a secure cyberspace in India is ready, and is likely to be finalised this year. The government recently banned several Chinese apps to protect the personal data of Indian users.

3 SCHEMES FOR WOMEN: PM Modi talked about government's scheme to provide

sanitary napkins at ₹ 1. He said the government is deliberating on what should be the minimum age of marriage for women and has set up a committee to look into the matter. The minimum age of marriage for women is 18 years and 21 for men. PM Modi also talked about the economic empowerment of women.

4 ALL VILLAGES TO BE CONNECTED WITH OPTICAL FIBRE IN NEXT 1,000 DAYS: PM Modi announced that the task to connect India's over six lakh villages with optical fibre network will be completed in the next 1,000 days.

5 ₹100 LAKH CRORE TO BE SPENT ON INFRASTRUCTURE PROJECTS: PM Modi said that a plan has been prepared to connect the whole country with multi-model connectivity infrastructure. Nearly 7,000 projects in different sectors have been identified. In a way, it will be a new revolution in the infrastructure sector.

UNIVERSITY OF OXFORD LAUNCHES 'TEN-MINUTE BOOK CLUB'

The University of Oxford has launched a digital book club called 'Ten-Minute Book Club'

HOW DOES IT WORK: According to the website, every Friday, Oxford academics will choose and post a free literary excerpt that can be read in 10 minutes. Each extract is paired with free resources and an introduction by an expert suggesting themes or contexts to think about as you read.



HOW CAN YOU USE IT? Read yourself or have a discussion with family, friends, colleagues, or anyone else you'd like to connect with. Expect to be exposed to a mixture of classic well-known literature and outstanding works from the 19th and early 20th centuries.

WHAT'S ON THIS WEEK? This week you can read an extract from the 19th century sociologist, author and critic W.E.B Du Bois' book, 'The Souls of Black Folk', which was published in 1903.

Access: <https://english.web.ox.ac.uk/ten-minute-book-club/du-bois-souls-of-black-folk>

MOTIVATE YOURSELF

FEELING DOWN?

Take inspiration from Amy Morin, a psychotherapist and TEDx speaker, who has written a book called '13 Things Mentally Strong People Don't Do.' She says, "Mentally strong people don't sit around feeling sorry about their circumstances or how others have treated them. Instead, they take responsibility for their role in life and understand that life isn't always easy or fair." You too can take the lead by sharing your views. To start with, do send your views on:

- 1 Does technology make one feel more alone?
- 2 Has social media/selfie-culture added to humanity's narcissism?
- 3 Have you ever tried deleting your social media account? How was the experience of walking away?
- 4 Has technology and online learning added to your learning experience?
- 5 What is better when it comes to learning a second language? Apps or classes with a teacher.

Send your articles at toinie175@gmail.com

IIT, Bombay graduates develop android app for online learning on 2G service

Two graduates of the Indian Institute of Technology, IIT, Bombay, have developed an android application for online learning for students. Called, 'Wise App', it will help students for online learning on the 2G service. The application is user-friendly, free of cost, and comes without any advertisements. Mubeen Masudi and Bilal Abidi,



INNOVATION

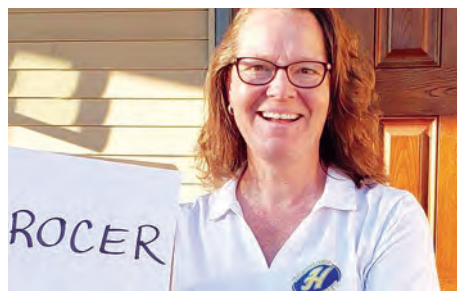


the developers of the app said, "Wise App, which works on 2G, enables teachers to schedule and conduct live classes on ZOOM without having to share meeting IDs and passwords. Additionally, it enables the teachers to send and receive assignments, facilitate discussions, share material, and receive automated attendance reports, all at one place."

It took two months for Abidi to develop the app. The app was launched in Google Playstore last week

IN THE RECORD BOOK

WOMAN SPELLS 56 WORDS BACKWARDS IN ONE MINUTE



GinzamA yllaiciffO! Read that backwards. A woman's unusual talent of spelling backwards has earned her a place in the Guinness World Records. Pam Onnen, from Hastings in Minnesota, spelt 56 words backwards in just a minute. The Guinness World Records shared a video of Onnen spelling 56 words backwards from a randomised list in a duration of one minute. The video also featured her reciting the English alphabet backwards.

The previous record of most words spelled backwards in one minute was 17



SHARON STONE'S MEMOIR TO HIT BOOKSHELVES IN MARCH 2021

Actor Sharon Stone's memoir, 'The Beauty of Living Twice' will be released in March 2021. The 62-year-old actor shared the news in a post on Twitter, where she also unveiled the book's cover. The book will be published by Alfred A Knopf. The memoir will be released simultaneously in hardcover and as an ebook. Stone will also narrate the book for its audible edition.

BOOK

NEWS IN BRIEF

CLICK HERE FOR MORE

MILEY CYRUS RELEASES SELF-DIRECTED MUSIC VIDEO 'MIDNIGHT SKY'

After creating a buzz in the social media for the past few weeks, singer Miley Cyrus has released her highly-anticipated single, 'Midnight Sky'. According to Billboard, the song is the first single from her upcoming album, 'She Is Miley Cyrus'. The 27-year-old musician made the official announcement on Twitter, sharing a brief clip of the music video that has been directed by her.

- Clocking in at three-minute and 42-seconds, the official music video is all glitzy-glamour and colourful.
- The musician shines in the video as she is seen decked in neon and shimmery body fit attire, teamed up with crystal-covered long black gloves.
- However, Cyrus is yet to announce an official release date for 'She Is Miley Cyrus'

CLIMATE CHANGE, NOT HUMANS LED TO THE EXTINCTION OF THE WOOLLY RHINO

Awoolly brown rhinoceros that weighed two tons, once roamed in northeastern Siberia, before mysteriously disappearing around 14,000 years ago. Was its demise caused by humans, or the warming climate of the time? A new study by scientists say the population of the animal, also known by its scientific name, *Coelodonta antiquitatis*, remained stable for millennia as they lived alongside humans, before dropping sharply towards the end of the last ice age.

ENVIRONMENT



➤ Humans arrived in this part of Siberia 30,000 years ago. Though they hunted the rhinos, the animal's population remained steady for 12,000 more years, until an abrupt period of warming, known as the Bolling-Allerod

FACTOID \$1.5 MN

Price of a Covid mask that is being created by Israeli jewellers for an unnamed US-based client. "Made out of 18-carat gold and studded with 3,600 black and white diamonds, the mask will be fitted with an N99 filter to offer a high level of protection," says Isaac Levy, owner of the Yvel jewellery brand that is making the mask. He described the client as a Chinese art collector living in the US. The mask, which a team of around 25 artisans is working on, might be viewed as a vulgar display of wealth during hard economic times, but for Levy, it is above all a work of art



FREQUENT LAUGHTER HELPS BUST STRESS

HEALTH

➤ It is estimated that people typically laugh 18 times a day, generally during interactions with other people, and depending on the degree of pleasure they experience. Researchers have also reported differences related to the time of day, age, and gender. For example, it is known that women smile more than men on an average



It's hard to catch your breath, when you laugh, because your diaphragm spasms. This is precisely why your laughter sounds like 'ha-ha-ha' or 'ho-ho-ho' or 'he-he-he'

Let's have a laughing session. Take at least 5-10 minutes from your daily routine and laugh with your friends, elders, especially your grandparents. You can share your laughing tips with us at toinie175@gmail.com

A new study has suggested that people who laugh frequently in their everyday lives may be better equipped to deal with stressful events, although this does not seem to apply to the intensity of laughter. The study emphasised that the number of laughs in a day affects the quality of a person's life positively rather than the amount of time that was spent laughing away to happiness.

Broadening creative horizons

St Margaret Sr Sec School, Rohini, organised the series of Inter-school competitions through various digital platforms. 'Saturnalia 2020: A Rostrum to Preview Forthcoming Attractions' provided a platform of creativity, intellect, and an atmosphere of holistic learning to all the participants who showcased their talent in countless ways. The competitions included the magic of poetry and character enactment, a galaxy of robots and gadget-making, shades of parallel universe, visions of entrepreneurship, words of speech along with discussion

and the zone of scrumptious food. Other than these highbrow events, the realm of yoga, music, and dance accelerated the talent of the students up to a profound extent. The Rolling Trophy was won by Mamta Modern Senior Secondary School, Vikaspuri for displaying the level of incredible talent in a maximum number of competitions. The students were showered with the pearls of wisdom shared by the Principal Renu Jain, Coordinators and the respective judges who virtually expressed their outlook in an efficacious and vibrant manner.



PAINT, HEAL & GROW

S alwan Public School, Ghaziabad organised an Art Webinar for the students and parents. The webinar highlighted 'Mandala Art' with a view not only to generate focus and concentration in the students but also this art form works as a stressbuster.

Head Mistress Surbhi Monga welcomed the gathering and reiterated upon the significance and relevance of Mandala art form. Vice Principal Namita Sarbahi said, this is a representation of the unconscious self'. She told everyone about practising this art form which leads to a stressfree life.

Neha Saini, Faculty of Arts, SPS Ghaziabad, addressed the session with a formal introduction of Mandala art form. She told that 'It's not only a form of meditation but also Mandala Art Therapy aims at helping masses to understand themselves from within and explore their potential to the fullest.'

Students worked upon easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured circular patterns. Circles were drawn on a piece of paper using a compass or drawing around a round object such as a small plate or a mug. The circle was sliced into pies depending on how many points one wants to add to the mandala.

The parents and the teachers actively participated too and learnt to hone their skills in such as designing. The creative craft made by students, parents and teachers was displayed on a digital platform.

Principal Sunita Madan, appreciated the students to add another feather in their cap in learning this meditative and soul-soothing art form. Speaking on the benefits of the Mandala Art, she told that it reflects the person who creates it and has become a doorway to discover the inner realms of one's self.



Fostering the young Eco-warriors

E arth day was celebrated by the students of Ryan International School, Noida. The students shared their ideas through poster making, slogan writing, best out of waste and other awareness spreading measures. They shared their feelings for this mission with both their families and friends alike.

The students were encouraged by their parents and teachers in their ventures. School principal Sumita Mukherjee ensured her motivation through her encouraging comments and urged the students to always remain obedient and proactive.



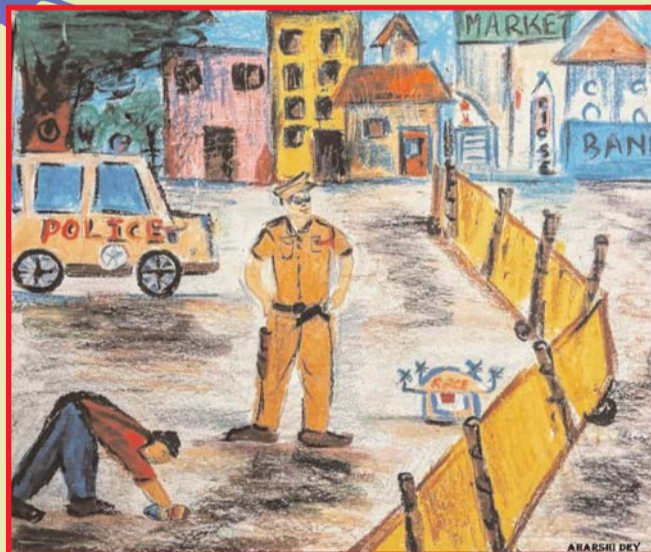
"Every footstep in life is full of possibilities, We just need to know the abilities and explore them"

C A SCHOOL, sec 4, Gurgaon organized an orientation programme on Happy Parenting for parents which was attended by over a 120 parents. School Director Principal Nirmal Yadav addressed the parents and sensitized them on good Parenting skills which included Introduction to Formal education, habit formation, inculcating self discipline, developing moral values, good hygiene, healthy food, healthy relationships, awareness of surrounding, attitude and outlook, multiple intelligences and many more. She emphasized upon the fact that the most important key to a child's success is a positive environment given by parents at home. She also shared some relevant anecdotes from her vast experience. Every word, facial expression, gesture or action of appreciation on the part of a parent gives a child some message of self worth. Many parents do not realize what message they are sending due to their busy schedule and work stress. If a child is to keep his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world they live in.



"Investing in the relationship with their partner is one of the most rewarding things a parent can do". Parenting requires a multitude of skills and no parent is proficient with all parenting skills all the time. The programme concluded with the vote of thanks to the parents for sparing their valuable time. Parents realized the fact that there are only two lasting bequests they can hope to give their children. One of these is roots and the other wings to realize their dreams.

STUDENT CORNER



AHARSHI DEY, The Indian School

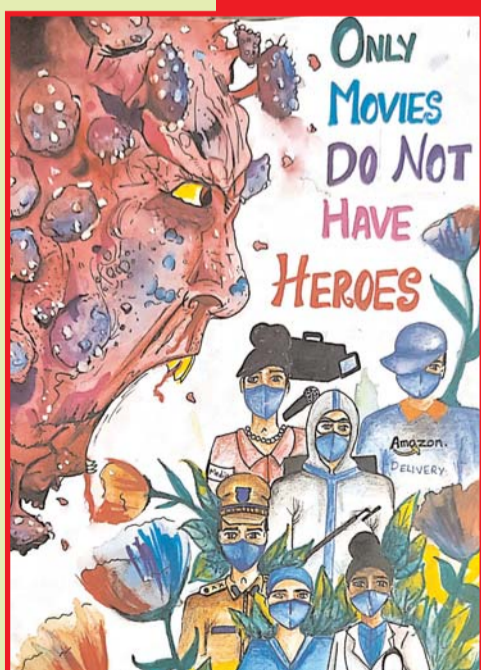
YASHVI JAIN, VIII DAV Public School, Pushpanjali Enclave



ADITI, IX, Navyug School, Moti Bagh



JIYA JAIN, IX, Abhinav Public School



HRIDYA GUPTA, VIII, Bhatnagar International School, Paschim Vihar

Blood Donations

We all should donate blood,
If we are feeling all good,
Our blood can give someone a life,
With which someone can survive.
If we donate blood God gives us blessing,
With the help of which we shall be progressing.
We all are unaware where our blood will go,
But it will save millions of lives I can say so.
Blood donation doesn't affect our health,
Not even our wealth.
This year on World Blood Donor Day,
we all should take a vow,
To donate blood and feel wow.

ARPITA SHARMA, Modern Era Convent, Janakpuri

Thanking life

Our life,
Sometimes it is a gift
But sometimes it's like we are locked up inside a lift
Sometimes it's a whole meal
But sometimes it's like a car without it's wheels
Sometimes we are up in the sky
But sometimes it's up but we feel like an irritating fly
Sometimes we wanna get down
But sometimes down also feels like we are gonna drown
Life is always either left or right
But it's not always the best and is not always messed
Thanking your life is not a regret but there is nothing to get upset.
Life is just to be happy and cheerful
Without being stressed and never feeling depressed.

ASHMIT DHINGRA, XI, Manav sthali school, rajendra nagar

Let's celebrate me time

Oh today I am going to sleep in open sky,
To my dismay, it's a nice try,
The beautiful nature is healing,
The shady gardens are dancing,
Animals are no more afraid,
The branches are stretching straight
Hey human! Open your eyes and see,
The cleanliness is expanding till the sea
Take some time to check out the dwindling time of magic.
And don't forget to inform me!

VANSHIKA, VII, Shanti Gyan Vidyapeeth School