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STUDENT EDITION

WEDNESDAY, JULY 29, 2020



WEB EDITION

21.2 degrees CELSIUS

FACTOID

The temperature recorded in the Norwegian Arctic archipelago, Svalbard, the highest in 40 years, according to the country's meteorological institute. The island group, dominated by Spitzbergen, the only inhabited

isle in the northern Norway archipelago, is 1,000 kilometres away from the North Pole. According to a scientific study, global warming in the Arctic is happening twice as fast as the rest of the planet.



X-PLAINED Climate Change in the Arctic region

WHAT: Scientists have claimed that in the past 30 years, the Arctic has warmed at roughly twice the rate as the entire globe. Calling this phenomenon as Arctic amplification, scientists say that this rapid warming is a signal of human-caused climate change. The evidence of the changes in the Arctic climate were first noticed by the environmentalists in the 1980s. Since then, the changes have become more pronounced.

HOW: According to scientists, the climate change has resulted in

the shrinking of the floating sea ice cover of the Arctic Ocean, especially during the summer. Similarly, the snow cover over the land in the Arctic has decreased, which becomes more evident during the spring season.

WHERE: Thanks to these changes, glaciers in Alaska, Greenland and northern Canada are retreating. Furthermore, frozen ground in the Arctic, known as permafrost, is warming, and in many areas thawing. Even the temperatures in Arctic Siberia soared to a record average for June this year.

THE IMPACT

- The changes in the Arctic climate plays an important role for the rest of the world, as the Arctic acts as a refrigerator for the Earth; it helps in cooling the planet. So, changes in the Arctic climate have effects that cascade through the food chain— from phytoplankton to marine mammals, such as seals, walrus, whales and polar bears
- Researchers have warned that the changes in the Arctic are worrisome, because melting ice speeds up climate change. In other words, ice reflects sunlight, while water absorbs it. When the Arctic ice melts, the oceans around it absorb more sunlight and heat up, thereby making the world warmer
- Experts are of the opinion that melting Arctic ice is expected to speed up the sea level rise. They estimate that the oceans will rise as much as 23 feet by 2100, causing floods in major coastal cities, and submerging some island countries
- The changing vegetation of the Arctic also affects the brightness of the surface, thereby influencing the warming. As the Arctic atmosphere warms, it can hold more water vapour, an important greenhouse gas

ARCTIC ANIMALS

- _____ are a polar bear's most important prey
a) Arctic hares, b) Guillemot birds, c) Seals
- To deal with their "fox problem," birds of the Arctic make their nests in the...
a) cliffs, b) ice, trees
- Polar bears are the only sea ice hunters in the world
a) True, b) False

ANSWERS:
1) C, 2) A, 3) A

NEWS IN BRIEF

MOST LIKED POSTS NOT THE MOST-VIEWED ONES, REVEALS FACEBOOK

If you think that Facebook posts, which are most liked, are also the most viewed by the users on the platform, you are mistaken. According to a top company executive, posts that get the most engagement are actually seen by a small percentage of the users.

TECH BUZZ

"While some link posts get a lot of interactions, likes or comments, this content is a tiny percentage of what most people see on the FB. News from these Pages don't represent the most viewed news stories on FB, either," FB executive Hegeman replied to a New York Times columnist Kevin Roose via a tweet. Roose shared data from content discovery and social monitoring platform, CrowdTangle with his users, showing top-performing Facebook link posts by US pages. Hegeman stepped in, saying that the data does not represent what most people see on the Facebook

HOW FITBIT DEVICES CAN HELP DETECT THE SPREAD OF COVID-19

In a fight against the novel coronavirus, researchers have developed a free mobile app, which will allow scientists to investigate the use of wearable devices and smartphones for digital detection of Covid-19. Called the 'Mass Science' app, it allows Covid-Collab study participants to connect wearables, such as Fitbit devices and share data, including the heart rate, activity and sleep. Participants can also use the app to provide information on geographic location, mood and mental health, in addition to Covid-19 symptoms and a diagnosis, if they have tested positive for the disease.



CORONA UPDATE

If a Fitbit user was previously ill or diagnosed with Covid-19 in the past, they can use the study app to share their historical data covering this period of illness

NORWAY'S 'ELVIS PRESLEY' SETS A WORLD RECORD

Kjell Henning Bjornestad, a 52-year-old man from Norway, has created quite a stir on the internet not only for imitating Elvis Presley, the legendary singer's looks and style, but also for creating a world record by singing his songs non-stop. Known as the Norwegian 'Elvis Presley', Bjornestad sang many of Presley's songs for 50 hours, 50 minutes and 50 seconds, non-stop in an Oslo restaurant.

IN THE RECORD BOOK

Bjornestad began singing on July 23 morning, and moved around on the stage very often. He sat down as well to give himself some rest. A physician monitored him by giving him honey and lemon to keep his throat at bay

Earlier, a similar record was broken by a German named, Thomas 'Curtis' Gaethje, who sang for 43 hours, 11 minutes and 11 seconds

SHEKHAR KAPUR SAYS BOLLYWOOD CAN'T HANDLE RAHMAN'S TALENT, COMPOSER SAYS 'LET'S MOVE ON'

Filmmaker Shekhar Kapur on Sunday said that composer AR Rahman's Oscar win was a proof that Bollywood can't handle his talent, a day after the music director claimed there is a "gang" in the Hindi film industry that is preventing him from getting work. Rahman's statement came amidst a raging 'insider versus outsider' debate in Bollywood, following actor Sushant Singh Rajput's death last month. "You know what your problem is @arrahman? You went and got #Oscars. An Oscar is the kiss of death in Bollywood. It proves you have more talent than Bollywood can handle," Kapur, 74, tweeted.

ENTERTAINMENT

Replying to Kapur, Rahman said, it's time to move on from the debate. "Lost money comes back, fame comes back, but the wasted prime time of our lives will never come back. Peace! Let's move on. We have greater things to do," the 53-year-old composer tweeted



BHUMI UNITES WITH CHILD CLIMATE ACTIVIST LICYPRIYA KANGUJAM

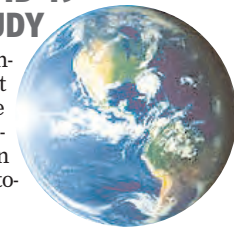
Actress Bhumi Pednekar has joined hands with child activist Licypriya Kangujam to raise awareness on environment protection. "I will do whatever it takes to bring this conversation to the forefront. We owe it to the next generations, who will inhabit this planet. We owe it to this planet, because it sustains us," asserted Bhumi.

FOR A CAUSE

Pednekar, through her Instagram handle, introduced the eight-year-old girl from Manipur, who is rallying the youth of the country, to be more climate-conscious. Sharing a video clip of the young activist, the actor wrote, "Though young, her work towards climate activism is beyond her years... She has created a symbolic device called, SUKIFU (Survival Kit for the Future) to curb air pollution... It's almost a zero budget kit, specially designed from trash to provide fresh air"

ENTIRE EARTH VIBRATING LESS DUE TO COVID-19 LOCKDOWNS: STUDY

In a study conducted in 117 countries, researchers have found that the world is experiencing the most dramatic reduction in the seismic noise (the hum of vibrations in the planet's crust) in the recorded history due to the lockdown.



Measured by instruments called seismometers, seismic noise, caused by the vibrations within the Earth, can be triggered not only by earthquakes, volcanoes, and bombs but also by daily human activity, like travel and industry. This quiet period is likely to be caused by the total global effect of social distancing measures, closure of services and industry, and drops in tourism and travel, the study said.

The 'i' in iPhone 11 now stands for India-made

Apple has started making its flagship iPhone 11 at the Foxconn plant near Chennai, the first time it has manufactured a top-of-the-line model in the country, marking a boost for the government's Make in India initiative. Production will be stepped up in phases and Apple may consider exporting the India-made iPhone 11, reducing its de-

MADE IN INDIA

pendence on China, two senior industry executives said. Local production saves Apple 22% import duty. The company hasn't cut prices, as it also sells iPhone 11 handsets made in China in India, but that could be an option later on.

- Apple is said to be considering a plan to make the new iPhone SE at the Wistron plant near Bengaluru, the executives said
- The latest move marks the growing localisation of Apple's manufacturing in the country, where it's keen to take advantage of benefits under the government's production linked incentive (PLI) scheme. The move also helps expand Apple's production base beyond China, at a time when Sino-US ties have soured, an executive said

- Of the three new models Apple launched in September, the iPhone 11 is the biggest seller in India
- Apple makes two other handset models in the country – the iPhone XR at the Foxconn plant, and the iPhone 7 at the Wistron factory.



I RECOMMEND

6 HEALTHY STUDY BREAK IDEAS TO INCREASE YOUR PRODUCTIVITY

MEDITATE

1 Meditation is a fantastic way to focus, while you're studying. In your next study break, take a moment to sit quietly and simply focus on your breathing. You can use a guided meditation video from YouTube, or from a meditating app

HAVE A SNACK

2 Snacking on something healthy can help you boost your energy levels! Consume almonds, dark chocolates and popcorn. However, watch out for the wrong snacks, like ice cream, timbts and cookies. High in sugar, they'll lead to a sugar crash, and make you feel tired.



TIDY UP

3 Cleaning up the clutter in your room can be helpful for your productivity. It's hard to focus when your surroundings are in a mess. In your next break, try something as simple as putting away the clothes you have piled up on a chair.

GET MOVING

4 Exercise doesn't mean doing crunches or push-ups. You can do a few yoga stretches, put on a pilates video, or even have a dance party to a few of your favourite tunes. Anything which gets your heart rate pumping and your blood flowing is good!

DRINK WATER

5 Staying hydrated is important, if you want your brain to function properly! You should be drinking 2 litres of water a day. With plain water you can add a squeeze of citrus fruit, crushed raspberries, or strawberry slices to your glass of water to make it interesting

TAKE A NAP

6 A short nap! Not a four-hour snooze-fest. The best length of time for a nap is 10 to 20 minutes. That's according to a research from the Case Western Reserve University, which shows that napping for this length of time, will increase your productivity and the ability to focus

Wellness Grooming

For healthy SKIN & MANE IN MONSOON...

Pallavi.shankar@timesgroup.com

The onset of monsoon is synonymous with crispy edibles, warm beverages and yes skin that doesn't always behave its best. To keep your skin sane and happy in this temperamental weather that is cool one minute and humid another minute, follow a proper skincare regimen. Ditto for hair. It's all the more possible to do that now that people's movement is restricted to few outings in the wake of the ongoing pandemic. Here is a monsoon guidebook of sorts to keep your complexion and hair in good condition.

Cleanse skin with gentle face wash morning/night

It's important to keep your skin clean and free of dirt and grime as monsoon's humidity leads to more clogged pores than usual, which can result in acne and blackheads. "Pick face wash with gentle ingredients like white tea, chamomile, aloe vera,"



Eat fresh foods for good skin

Enjoy your pakodas and samosas in the rainy season but don't go overboard and also have your share of fresh seasonal fruits such as mangoes, jamun, peach and cherries to detoxify your skin internally. And stay hydrated with lots of water, coconut water and nimbu paani.

suggests skincare expert and author Blossom Kochhar. Wash your face once in the morning, using just a very small quantity of face wash. If you want to avoid face wash, you can also cleanse your skin with your own DIY cleanser: add one tea-spoon milk to 1.5 tea-spoon gramflour with a pinch of turmeric, and clean your face (and body too) with this paste. Before your bedtime at night, clean thoroughly with a face wash or the DIY gramflour paste to wash away all traces of surface impurities and excess oil.

Exfoliate once a week

Exfoliation is the process of removing dead cells from the skin and opening blocked pores. This helps the skin to breathe and stay clean and fresh. "Use a face scrub made with coffee beans for best results as coffee deep cleanses and improves circulation," advises Kochhar. You could make your own face scrub too, like the actress Alaya F did recently. She also shared the skincare recipe on her Instagram: To reduce puffiness on her face, Alaya mixed ground coffee with some sugar, milk, honey and olive oil. She recommends exfoliat-

ing the face with this refreshing coffee scrub by applying on the face and neck for 10 minutes and washing it off with cool water by gently scrubbing it off. Try it out once a week.

Heal acne with neem

The neem tree has fresh and tender neem leaves in the monsoon. These bitter leaves are great to fight many skin and hair conditions like acne, dandruff and itchy scalp. For those suffering from acne, make a paste of tender neem leaves and apply on affected areas to let the zits dry out naturally with the potent ingredients found in neem. The neem leaves paste can also be used as a hair mask to tackle dandruff and itchy scalp issues.

SHAHNAZ HUSAIN'S NEEM RECIPE FOR HAIR

"Heat 250 ml pure coconut oil. Take a handful of neem leaves and add it to the oil. Keep in the sun during the day for 4 or 5 days. Strain the leaves and keep the oil for use to relieve itching and scalp eruptions." Neem is an antiseptic that helps in healing stubborn skin issues.

Keep your feet happy

Monsoon is the time of water, mud, bacteria, fungus and infections too. So it's imperative to keep your feet clean and dry. Kochhar gives 2 great tips for happy and healthy feet: "Dip your feet in warm water with a gentle soap solution and 2-3 drops of tea tree essential oil. Secondly, wear covered waterproof shoes to protect your feet from muddy water on the road that may be carrying harmful bacteria." You could also use a foot powder to keep your feet dry and free of odour.

GUEST COLUMN



Varsities start rolling out plans for international students

Dhiman Chattopadhyay

Higher education globally is in a state of flux. COVID-19 has upset the best laid plans of universities. Most American colleges, for instance, are still not sure what their campuses would look like when they reopen in August. As of today, 67% have promised resumption of face-to-face classes, but I am willing to bet that this number will change. For most institutions, 'Fall 2020' may entirely be online, or at best, hybrid. This uncertainty is particularly problematic for 1.1 million international students, including 250,000-plus Indians, currently enrolled in US varsities.

But there is hope! I can tell you that most of the highly ranked universities are going all out to ensure their international students feel welcome and safe.

What about those who may be unable to physically join classes this August due to travel restrictions? The University of California System (UC) System, SUNY, University of Pennsylvania, Tufts, Drexel, and Emory have already announced that international students will be allowed to take all courses remotely for Fall 2020. Others are following suit.

It is still wise to check your chosen university's website to see specific plans. There are several other plans underway to ensure international students are not inconvenienced. So, keep your spirits up!

(Dhiman Chattopadhyay, Ph.D. is Assistant Professor at Shippensburg University of Pennsylvania, US. A former editor with the Times of India, he spent two decades as a journalist in India before moving to academia)

SKILL BUILDER PHONICS ACTIVITIES

JUMBLED WORDS

Unscramble the letters to form the word that describes each picture the best.



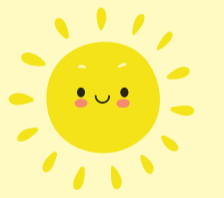
u
m
g

1



r
n
u

2



s
n
u

3



g
u
p

4

MATCH THEM UP

Match each double consonant word to the correct picture.



hill mess puzzle bell earmuff pizza dress

SIMPLY FRACTIONS ZOMBIE BOARD GAME

START	1. 10/5	2. 33/11	3. 10/100	4. 6/12	5. 21/7
11. 7/70	10. Trade Places	9. 7/6	8. 11/22	7. 12/36	6. Go forward 2 spaces
12. 45/90	13. 5/4	14. 3/9	15.	16. 30/120	17. 60/30
23. 50/100	22. Go back 3 spaces	21. 23/46	20. 6/10	19. 7/28	18. Trade Places
24. 64/80	25. 70/100	26. 13/4	27. 11/7	28. 15/6	29. 9/12
END	34. 7/3	33.	32. 33/55	31. 6/66	30. Lose a Turn

RULES OF THE GAME

The zombie board game is a fun game for educators. There are traps, pitfalls and escapes in this game. It is called **Zombie Board Game** because the zombie represents the biggest single threat to the players. Landing on a zombie space sends a player back to start.

- Roll the dice and count ahead according to the number that shows up.
- When a player lands on a space, he simplifies the fraction on the space within a determined time and says the answer.
- The instructions on the other spaces are pretty straightforward.
- Lose a turn:** the player loses a turn to play.
- Go forward** →
- Go backward** ←
- The zombie is the space no one wants to land on. It is a killer. **Landing on the zombie sends the player back to start.** Restarting is no fun when your opponent is advancing.
- Trade Places:** This can be good or bad. The player who lands on this space swaps with the opponent. Trading places with an opponent who is ahead in the game is good. Trading places with an opponent who is behind is no fun.
- Finally the last pitfall is towards the end of the game. To finish the game, the player must get the exact number on the dice to **END**. If the player has more, the player has to count forward and backwards. For example if a player is at space 31, the player needs to roll and get 4 to finish. If the player has 6 for example, the player counts forward to 4 and 2 backwards to space 33.
- To customise this game, change text in the space boxes by putting in your own words. Equally you can add small clip arts for lower levels.

Designed by Math Games 4 Children

Hope in the form of words

These books will give you the extra motivation you didn't even know you needed. Now that most of us are staying indoors as a way to practice social distancing, you have the time to read some of these books on life, hope, and positivity...

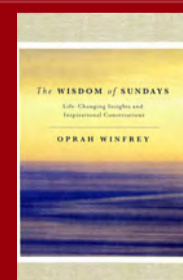
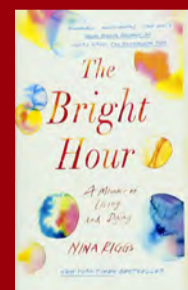


'Girl, Wash Your Face,'

by Rachel Hollis
In this bestseller, Hollis dispels the lies that stop us from becoming who we're meant to be.

'The Bright Hour: A Memoir of Living and Dying,'

by Nina Riggs
This is about the journey of a woman who challenges death and destiny.



'The Wisdom of Sundays,'

by Oprah Winfrey
This will give you a daily dose of Oprah Winfrey's life-changing wisdom and inspiration. Learn as you read.

'THE FIVE-MINUTE JOURNAL.....'

by Intelligent Change
A classic since 2013, this is popular with students who want to express!

