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STUDENT EDITION

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WEB EDITION

FIGHT AGAINST POLLUTION



DISPOSABLE FACE MASKS PLAY SPOILSPORT

Disposable masks are the 'latest menace' in the fight against plastic pollution, Greenpeace has warned. Stating that the excessive misuse of single-use plastics, especially, the disposable masks and gloves, during this pandemic times have added more pollution to our already over polluted systems, the organisation has urged people to use reusable masks

Experts say a suitable cloth covering, which can be repeatedly washed and re-worn, is as effective as a disposable mask, to curb the saliva droplets that may contain the coronavirus

WHY DISPOSABLE MASKS ARE A THREAT TO OUR PLANET

HOW TO DISPOSE OFF MASKS AND GLOVES

- Put your disposable mask and hand gloves outside your house, preferably in a red bin (if available in your locality) that has been marked as 'hazardous waste'
- Keep your mask and gloves separately in a bin bag (not along with other waste material); discard it in a public bin
- Used masks can be kept in a paper bag for a minimum of 72 hours, prior to their disposal as general waste

(Inputs by Dr Puneet Bedi and Dr Nidhi Dhawan)



- Plastic poses a huge danger to our wildlife and nature, clogging up habitats and often entangling animals
- Waste from masks also reach the seas, where they degrade into microplastics, which can contaminate the environment and food chains, Greenpeace said
- Recently, microplastics and man-made fibres from disposable face masks were found in

- the guts of sharks, off the Cornish coast
- Synthetic cellulose, one of the fibres that was collected, is widely used to make clothes and disposable products, such as facemasks
- Widely available face masks feature a layer of non-woven bonded fabric, commonly made of polypropylene, which gives them a long afterlife, when they are discarded, and can end up in landfill or oceans

(Source: The Daily Mail)

BE THE CHANGE

Let's start a campaign on reusable masks. Please share slogans, posters, cartoons, paintings, videos of less than 2min, or anything that can drive this campaign at

toinie175@gmail.com/timesnie175@gmail.com.

The best entries will be published in Times NIE

As told to PALLAVI SHANKAR

Facebook builds solution to spot harmful behaviour of real people

Facebook has created a machine learning solution to train bots to realistically simulate the behaviour of real people on a social media platform, a move that will improve software testing for complex environments, particularly in product areas related to safety, security and privacy. According to Mark Harman, a research scientist at FB's AI, people's behaviour evolves and adapts over time, it is different from one geographical location to the other, making it difficult to anticipate the ways an individual or a community might respond to even a small change in their environment. So, to overcome this problem, FB researchers have developed the Web-Enabled Simulation (WES).

TECH BUZZ

HOW IT WORKS

- In WES, bots are trained to interact with one another, using the same infrastructure as real users, so that they can send messages to other bots, comment on bots' posts, publish their own, or make friend requests to other bots.
- WES is able to automate interactions between thousands or even millions of bots
- WES deploys these bots on the platform's actual production code base
- The bots can interact with one another, but are isolated from the real users
- This real-infrastructure simulation ensures that the bots' actions are faithful to the effects that would be witnessed by real people using the platform

NEWS IN BRIEF

SCHOOL GIRLS DISCOVER EARTH-BOUND ASTEROID



Two teenage girls from Surat, Gujarat, have discovered an Earth-bound asteroid by poring through the images from a University of Hawaii telescope, an Indian space education institute said. The asteroid, presently near Mars, is expected to cross the Earth in about a million years' time, said SPACE India, a private institute, where the two 14-year-old girls received their training. The asteroid, currently called HLV2514, may be officially christened only after NASA confirms its orbit, SPACE India, said. "I look forward to... when we will get a chance to name the asteroid," said Vaidehi Vekariya, one of the girls who discovered the asteroid.

Asteroids and comets pose a potential threat to Earth; scientists discover thousands of them each year. In 2013, an asteroid heavier than the Eiffel Tower exploded over central Russia, leaving more than 1,000 people injured from its shockwave

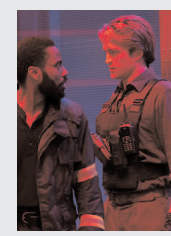


CHRISTOPHER NOLAN MOVIE 'TENET' TO OPEN IN 70 COUNTRIES

Director Christopher Nolan's thriller, 'Tenet', delayed several times by the coronavirus pandemic, will debut in cinemas in over 70 countries on August 26, AT&T Inc's Warner Bros movie studio said. The film will open in selected US cities.

'Tenet' is a science-fiction spy drama, starring John David Washington and Robert Pattinson from the British director of hits, like 'The Dark Knight Rises' and 'Inception'. Little has been revealed about the plot. The film had originally been scheduled to debut on July 17

ENTERTAINMENT



HEALTH

Eating foods with green tea extract may reduce norovirus risk

Adding green tea extract to prepared foods may lower the chances of catching the highly-contagious norovirus, say researchers. In a study, the research team revealed that adding green tea extract to a film-forming substance created a safe-to-eat barrier that killed norovirus.

Norovirus is a very contagious virus that causes vomiting and diarrhoea; people of all ages can get infected and sick with norovirus. It's transmitted from person to person, and through consumption of contaminated water and food



SPACE

New gas signatures in Martian atmosphere found

European Space Agency's ExoMars Trace Gas Orbiter, has spotted new gas signatures on Mars. According to scientists, the latest revelation will unlock new secrets about the Martian atmosphere, and will enable a more accurate determination of whether there is methane, a gas associated with biological or geological activity on the planet. The Trace Gas Orbiter (TGO) has been studying the Red Planet for over two years.

The spacecraft has now spotted never-seen-before signatures of ozone (O₃) and CO₂

The Martian atmosphere is dominated by CO₂, which scientists observe to gauge temperatures, track seasons, explore air circulation, and more. Ozone, which forms a layer in the upper atmosphere on both Mars and Earth, helps to keep the atmospheric chemistry stable. The TGO was able to reveal new details about how Ozone and CO₂ gases interact with light

HAPPY FRIENDSHIP DAY

THE ENDURING BONDS OF FRIENDSHIP

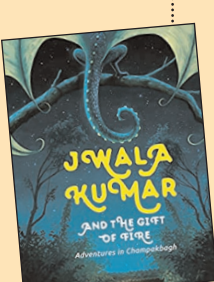
On this friendship day, read books that celebrate our most precious bond

nitya.shukla@timesgroup.com

FRIENDSHIPS THAT ARE OTHER-WORLDLY

JWALA KUMAR AND THE GIFT OF FIRE BY HANSDA SOWVENDRA SHEKHAR

Mohan Chander, a native of Champakbagh, a remote village, rescues a strange creature from a storm, and brings him home. Initially, he and his family are unable to figure out the strange creature, or what it eats, etc. However, soon they realise that this creature, who they name Jwala Kumar, has special powers. Jwala uses his powers to help his human family, but will he stay with them? The book offers an interesting take on extraordinary friendships, the magic and the love shared by Chander and his family with Jwala.



FRIENDSHIP WITH PETS

THE GOPI DIARIES: COMING HOME BY SUDHA MURTY

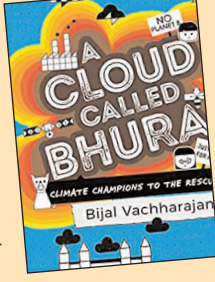
Ever wondered what dogs think about? To know, read the adventures of Gopi, the dog. Told in Gopi's voice (woof!) 'Coming Home' is about this lovable dog going to a new home, learning to settle with his new human family. How Gopi sees the world around him, and what he thinks of the people in his life, gives the story its unique flavour.



FRIENDSHIPS THAT OFFER A REALITY CHECK

A CLOUD CALLED BHURA: CLIMATE CHAMPIONS TO THE RESCUE BY BIJAL VACHHARAJANI AND ILLUSTRATED BY AINDRI C

Amni, Mithil, Tammy and Andrew wake up one day to find that a huge, and a very angry, brown cloud has taken over the skies of Mumbai city. As the four friends start finding out more, the cloud, named Bhura Cloudus by the media, containing noxious gases, causes scalding rain to fall, makes birds flee the city and suffocates every living thing. Will they get rid of Bhura? The book is an inspiring story about the havoc climate change can cause to humanity, and the power of enduring friendships.



FRIENDSHIPS THAT BECOME INSPIRATIONS

KOKI'S SONG BY RUSKIN BOND

As a young lad, Bond had to travel to the UK to meet a publisher. On his return journey, the author met and struck a friendship with Koki, a 12-year-old girl aboard the ship, they were on. Hearing that he had no money for chocolates, Koki shared her chocolates with him. Bond would never see Koki again, but she turns up in his stories. In this book, the author takes us on a wonderful Koki, though she doesn't grow old. In 'Koki's Song', we meet Koki and Somi, who show us friendships are a thing of beauty.



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Originally founded by Hallmark in 1919, Friendship Day, was intended to be a day for people to celebrate their friendship by sending cards to one another. The day is, however, celebrated on different dates in different countries. The first World Friendship Day was proposed for July 30 in 1958 by the World Friendship Crusade. On April 27, 2011, the UN General Assembly declared July 30 as the official International Friendship Day. Some countries, including India, celebrate it on the first Sunday of August

Who's your Best Friend? Share your friendship stories with us at [toinie175@gmail.com/](mailto:toinie175@gmail.com) timesnie175@gmail.com



What effect has Pandemic had on your mental and emotional health?

Could the move to online learning be the catalyst to create a new, more effective method of educating students? While some worry that the paradigmatic shift may have hindered this goal, others plan to make e-learning part of their 'new normal' after experiencing the benefits first-hand

E-Learning is flexible, affordable and it saved the day. Students can study at their own pace and sometimes in their own time. However, the long screen hours, continuous classes and lack of human touch are colossal disadvantages which can fracture the learning curve. Then how to restore that balance in their lives, bring that surge of joy or kindle that fire of participation and competition or further still, how to help them glide through the challenges? No one can deny that the new model has its own challenges and to bridle them for young minds should be the next big thing in our mind.

Technology is catering to their mind, not the heart. The values of friendship, sharing, empathy, team



bonding might suffer a backlash. To build a sustainable environment we need to offer them activities that bond them to nature, bring them closer to family and fosters a love for arts.

We need to find out from them, how

do their lives look like now, and how can learning complement rather than complicate their new reality? We teach students and we need to listen to them in order to design around their capacities. As educators, while we grapple with the new ways of communicating with our students away from our classrooms, it is the time to focus on skill-based education, reward creativity, original thinking, research and innovation, personalize education as one size does not fit all; on the redefine the purpose of education.

In this VUCA world, there is nothing as 'I' but only 'We.' Team spirit should always be high, and one should take everyone together without any discrimination. Children grow up to be tomorrow's employees, entrepreneurs, business leaders, policymakers. Therefore, giving them the right education when they are young is key to impacting the future and creating a world where nature and humans thrive together. The students on their part should focus on unlocking the locks within themselves by nourishing their mind, body and soul, meditate to nurture their mind & soul and practice yoga for physical wellness.

LATESH CHAUDHRY, principal, Lancer Convent School, Rohini

Technology is catering to their mind, not the heart. The values of friendship, sharing, empathy, team bonding might suffer a backlash.

IN CONVERSATION WITH PARENTS

In order to break the stigma attached to mental health, virtual classroom teaching, and to enlighten parents in this time of the pandemic, CCA School, sec-4, Gurgaon chairman addressed parents of classes VII, via a virtual platform. School Chairman Col Kir Pratap Singh gave the parents much need guidance at a time when most people are faced with restriction of physical movement and over-exposure to digital devices. He emphasized the importance of reading,

increasing vocabulary, remaining fit through regular exercise and discussions at home during family time.

The innovation of talent requires a lot of time, effort and dedication. Therefore, stating his point, he reiterated that this was the best time for children and all at home to pursue



their hobby and enhance talent, be it dance, music, art, sketching, painting, playing musical instruments, and many more. He also mentioned the Good Practices implemented in the school for the all-round development of their wards. He asked parents to read and polish their general awareness, which will help their children increase their knowledge.

'YOGA IS THE JOURNEY OF THE SELF THROUGH THE SELF TO THE SELF'

The 6th International Yoga Day - 2020 themed as 'Yoga at home, Yoga with family' is celebrated by the students and teachers of Dayanand Vidya Mandir, Greater Noida.

Students demonstrated different kinds of sitting and standing asanas - starting from 'Surya Namaskar' to 'Vrikshasana', 'Bhujangasana', 'Gomukhasana', Pranayama, Tadasana, Baddha-konasana and many more with the help of videos and pictures online. Students also participated actively in 'My life My Yoga' a unique video blog competition conducted by the Ministry of AYUSH along with the Indian Council of Cultural Relations (ICCR) to generate awareness about yoga among the students.

Apart from the above activities, few students highlighted the benefits of Yoga by making posters and writing slogans to make others aware that it is an art of healthy living which creates harmony between the mind and the body and also helps to overcome all kinds of sufferings.

Students with the help of their teachers justified the theme of this year International Yoga Day by practising it at home with family to boost their immune system to fight against COVID - 19.

School principal Smita Verma extended her gratitude towards the mentors who had given the students the vision of practising yoga on a daily basis to keep themselves fit and healthy.

WHEN YOU FIND PEACE WITHIN YOURSELF, YOU BECOME THE KIND OF PERSON WHO CAN LIVE AT PEACE WITH OTHERS." -PEACE PILGRIM

'PREPARING OUR CHILDREN WITH NEW LIFE SKILLS

Mount Olympus School, Gurgaon believe that Guidance and Care should never stop hence a series of developmental workshops have been planned by the Department of Guidance and Counselling for all the stakeholders including teachers, students and parents.

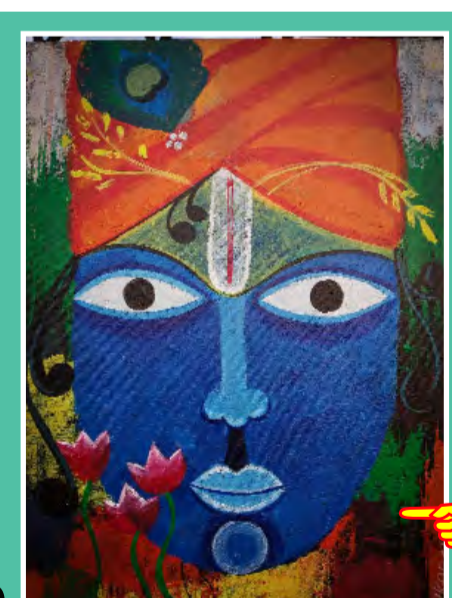
Parent-Teacher webinar series - 'Together We Can', was conducted for parents and teachers on the topic 'Preparing children for the 21st C'. The audience comprising of parents and teachers were surprised to get a glimpse of the changing world in the coming times. Kanchi Khanna, Director, Krea University presented the real role of both parents and teachers in nurturing children and equipping them with the 21st C skills. She oriented the audience towards the importance of liberal arts, the skill to unlearn and learn, the ability to be ready to adapt and reskill and upskill oneself. She emphasized on soft skills, empathy and good interpersonal communication as this is one thing that cannot be replaced by AI. The parents and teachers recognized and acknowledged the guidance provided by Kanchi Khanna and the efforts of principal Dr Neeti C Kaushik and the school towards well-being of each and every Mount Olympian.

Virtual Congregations and celebrations

DAV Public School, Jasola Vihar organized its Annual Inter-School Confluence VIVID-HA 2020. A wide variety of 18 online competitions were organized; from Primary to Senior wing, a plethora of competitions like Role Play-Corona Warriors, Swar Sadhna, Beyond Books, Hasya Kavita, Catch Phrase, Poster Making, Tech Mack, etc.

About 13 schools participated in these events and many students emerged as winners who displayed their creative pursuits.

School Principal Dr VK Barthwal congratulated the winners and all those who participated with such enthusiasm.



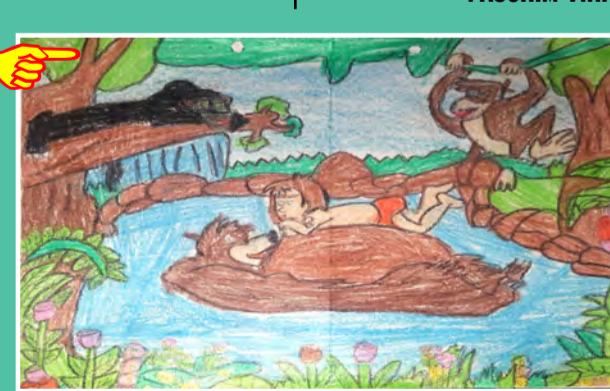
TANYA, XI, MANAV STHALI SCHOOL, RAJENDRA NAGAR

MANVIK, MANAV STHALI SCHOOL, RAJENDRA NAGAR



UTKARSH KHERWAL, XI, HAPPY SCHOOL, DARYAGANJ

PARVEEN KAUR, XI, GURUSHARAN CONVENT, PASCHIM VIHAR



RISE UP
Those who left, Are not going to come back... You need to put that frame down, Down from your heart's rack! I know, those were the days

you loved, And now, now your smile has become wry... But what's the point to mourn now? And what's the point to cry? Stop hurting yourself, Stop making your eyes wet... You have your entire life to

Expressing Hope

When we, as humans feel a lot of emotions: anger, kindness, sadness, joy, jealousy, love, fear etc. but one emotion, which might be the most important of these all, is hope. There is not a person in the world, who hasn't felt hopeful. It is an abstract concept, which cannot be defined in fixed terms. One cannot define hope as a phenomena, stimulus or process, or fit it in any other such scientific explanations. Though modern dictionaries have attempted to give this word a definite meaning, quite a few times, in every-day context, those dictionary-defined denotations are more or less redundant.

'Fear', in every sense of the word, is the rival of hope. It restricts the person from thinking clearly, being open to love, and carrying out one's responsibilities. Fear is binding and it is largely negative; but hope, on the other hand, is the strongest thing in the world, as positivity is always stronger than negativity. Hope is something so universal that it requires no explanation. Hope needs to be felt, not explained.

Everybody hopes, but the ones who make a difference are the ones who work towards this hope of theirs. However, when we start wishing for something to happen

rather than effectively working towards it, it can set us up for disappointment. If we hope too much, expect too much from the future, and if our expectations are not matched, it can leave us disappointed, and out hopes broken. However, some things are not in our control. In times like this, all we can do is hope. Nothing is everlasting, good or bad. We should hope to make the best of the good times, and hope to make it easily through the bad times. In worse situations, we must keep our hope alive, and reassure others, whose hopes are fading, and we must not allow others to lose their hopes either.

The future is unpredictable. Even when it looks like things are not going to get well again, we must hope. We must believe that things will take a turn for the better, because they have to. After all, the earth keeps spinning on its axis, and someday, the things will be better: this is the promise of hope. With the power of our hopes, and our efforts, we can make a heaven on earth.

DIVYASHAKTI DWIVEDI, XI, St Thomas School, Mandir Marg



You need to get up and shine, Show them, that without them, you ain't dyin'... There are million more reasons to be happy, Tell them, you're up with cryin'!
NALINI, XI, Dav public school, Sector 14, Faridabad