



THE TIMES OF INDIA

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STUDENT EDITION



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WEB EDITION

THE MONSOON SESSION OF PARLIAMENT

As pressure mounts on the Centre to start the monsoon session of parliament, questions are being raised on how the supreme law-making body will function in the Covid-induced world...

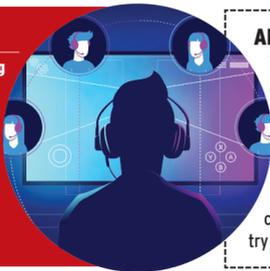
Virtual parliament is the need of the hour

- The Opposition has asked the Centre to stick to the usual calendar, and hold the monsoon session in the last week of July, as the country is facing challenges on multiple fronts: the pandemic, which has created an unprecedented twinning of health and financial crises; the confrontation with China in the Galwan Valley, among others.
- The budget session of parliament ended on March 23. According to rules, there should not be a gap of more than six months between two parliament sessions, which means the next session can be convened on September 23.
- However, according to experts, prolonged absence of the House proceedings does away with the legislature's power of checks and balances on the executive.
- Therefore, they say, a virtual session may be necessary, as all MPs will not want to come to Delhi, where Covid cases are rising.

Will parliamentarians attend VIRTUALLY for the first time ever?

GOVT'S PLANS

The Centre is mulling the option of holding a virtual session or a hybrid session, where some lawmakers are physically present, while others join online. For a fully virtual parliament session, arrangements will have to be made by the National Informatics Centre to connect 542 Lok Sabha members as well as 242 Rajya Sabha MPs through video-conferencing.



ADVANTAGES OF A VIRTUAL SESSION

Virtual session will put an end to the unruly disruption of proceedings. It will also give a signal for state assemblies and councils across the country to go online.

THE CHALLENGES

- Not all lawmakers are tech-savvy. What if they share passwords inadvertently?
- No clarity on online voting, smooth broadcast, translation, and other issues
- Opposition will have to stick to debates and discussions to get their points across
- Protests won't grab eyeballs, because members won't be able to storm the well of the House to grab attention of lensmen
- Even a hybrid session of the Lower House – with half of the members seated in Vigyan Bhawan, Central Hall and the Lok Sabha chamber, following social distancing norms, and the rest connected online – will be an extraordinary technological challenge.

How are other countries going about it?

About two dozen countries, including the US, Germany, France, Australia, Argentina, Brazil and Denmark, are holding virtual sessions. In the US, Senate panels have gone for virtual hearings. The UK's House of Commons is using Zoom for hybrid sittings.

YOUR CORNER

WHAT ONLINE TIPS WOULD YOU SUGGEST OUR MPS FOR THEIR FIRST VIRTUAL SESSION?

Share your views at toinie175@gmail.com / timesnie175@gmail.com

THE BEST ENTRIES WILL BE FEATURED IN TIMES NIE

World CHOCOLATE Day



The World Chocolate Day, which is also referred to as the International Chocolate Day, is an annual observance that occurs globally on July 7. The celebration of the day includes the consumption of chocolate. Chocolate was introduced to Europe on July 7, 1550.

WHAT'S IN A DATE

- Since everyone loves chocolates, the day also exists in different months in different countries. The US National Confectioners Association, for example, lists September 13 as the International Chocolate Day.
- The West African country, Ghana, the second-largest producer of Cocoa, celebrates chocolate day on February 14.
- In Latvia, World Chocolate Day is celebrated on July 11.

CHOCO-LATTY

Other than the World Chocolate Day, people also celebrate Bittersweet Chocolate Day (January 10), Milk Chocolate Day (July 28), White Chocolate Day (Sept 22) and Chocolate Covered Anything Day (December 16).

Chocolate comes from a fruit tree; it's made from a seed. Theobroma Cacao is the tree that produces cocoa beans, and it means, "food of the gods." Carolus Linnaeus, the father of plant taxonomy, named it.

Quiz TIME
1 Which country in Europe was the first to introduce chocolate?
a) Germany b) Italy c) Spain

2 Which civilisation used cocoa beans as a currency?
a) Indus Valley b) Maya c) Greek

3 Which kind of chocolate is the healthiest?
a) Dark b) White c) Milk

4 Centuries ago, doctors used chocolate to treat-----
a) Fever b) Headache c) Sore throat

ANSWERS:
1 (C) 2 (B) 3 (A) 4 (B)

TECH BUZZ

PM LAUNCHES Aatmanirbhar Bharat App Innovation Challenge



In order to give a major push to Digital India, Prime Minister Narendra Modi has announced the 'Aatmanirbhar Bharat App Innovation Challenge' for techies around India, and the startup community for creating world class 'Made in India' apps. Highlighting the need to create an "aatmanirbhar app ecosystem", PM Modi in an official LinkedIn post said, "Today, when the entire nation is working towards creating an Aatmanirbhar Bharat, it is a good opportunity to give direction to their efforts, momentum to their hard-work, and mentorship to their talent to evolve apps, which can satisfy our market as well as compete with the world"

- Created by MeitY in partnership with Atal Innovation Mission-Niti Aayog, this initiative will identify the best Indian apps that are already being used by citizens and have the potential to scale, and become world class apps in their respective categories. To recognise good apps, there will be "various cash awards and incentives"
- The prize money for apps is between ₹2 lakh and ₹20 lakh, depending on the category. The app will be evaluated on the basis of ease of use, robustness, security features and scalability
- As far as the app categories are concerned, there are eight categories of app, which can participate in this challenge: office productivity and work from home, social networking, e-learning, entertainment, health and wellness, business, including agritech and fintech, news and games
- All details of the challenge is available on "innovate.mygov.in". The last date of submission is July 18, 2020. The applicants need to apply online to submit their proposals by registering and logging on to MyGov portal.

This US company wants to fly people to the edge of space

If space tourism is in your bucket list, here comes some news that will excite you. A Florida-based startup is working towards sending people to the edge of space, beneath a football stadium-sized high-performance balloon, and pressurised capsule. This human space flight company, Space Perspective, recently announced plans to launch from the Shuttle Landing Facility at

SPACE



NASA's Kennedy Space Center (KSC) in Florida, with the first un-crewed test flight scheduled in early 2021 that will include a suite of research payloads.

Called the Spaceship Neptune, it will be flown by a pilot, who can take up to eight passengers called "Explorers" on a six-hour journey to the edge of the space and safely back. It will carry people and research payloads on a two-hour gentle ascent, above

99% of the Earth's atmosphere to 100,000 feet, where it cruises above the Earth for up to two hours, allowing passengers to share their experience via social media, and with their fellow Explorers. Neptune will then make a two-hour descent under the balloon

and splash down, where a ship will retrieve the passengers, the capsule and the balloon. To book a ticket for the six-hour journey, passengers may have to cough up an estimated \$125,000. Bookings are open on the Space Perspective website.

ENVIRONMENT

RARE ORCHID PLANT FOUND IN DUDHWA NATIONAL PARK



A rare orchid plant variety, categorised as an 'endangered species', has been found in the Dudhwa National Park in Uttar Pradesh. Popularly known as Ground Orchid (eulophia obtusa), the variety is categorised as an 'endangered species' under the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES).

- What makes the discovery significant is that never in the history of Dudhwa, or any other forest area in the state, has this orchid been seen.
- Kew Herbarium of England had documented the orchid, 118 years back.

IN THE NEWS

Kanye West announces bid for the US presidential poll

American rapper Kanye West has announced his bid for the US presidential election slated to take place in November. Interestingly, he has received the backing from Tesla CEO Elon Musk. Taking to Twitter, West wrote: "We must now realise the promise of America by trusting God, unifying our vision and building our future. I am running for the president of the United States. #2020VISION." Replying to the tweet, Musk said: "You have my full support."

- It was not immediately clear which party the 21-time Grammy winner would pick, in his apparent challenge to President Donald Trump and presumptive Democratic nominee Joe Biden.
- The rapper has sparked speculation over the years that he would potentially enter the presidential race one day, most recently in Nov 2019, when he said he planned to run in 2024.
- While there is no official deadline to enter the presidential race, candidates must meet certain filing requirements under the Ballot Access Laws of the US that vary from state to state.



NEWS IN BRIEF

PADMA LAKSHMI HOPES FOR INCLUSIVE FOOD INDUSTRY

India-born supermodel Padma Lakshmi says the "male-dominated" food industry needs to be more inclusive. "The professional food industry is one of the most male-dominated sectors of our society. Probably the only place that's more male-dominated is the military and so I would like to see that change," she said. She was the "Top Chef" host of the Us Weekly. "Most of

I would like to see male chefs in our industry make a concerted effort to mentor and speak out for women – to mentor them, give them the same richness of experience and privilege that they have had. That would go a long way." Padma Lakshmi

CELEB TALK

Why are there so few female chefs?

Let's start a DEBATE

Share your views at toinie175@gmail.com / timesnie175@gmail.com

the food in this world is actually made by women and yet, the professional food world is taken over by men, so I would like to see that disparity decrease considerably," she added.

'CHAPTER ON CORONA SHOULD BE INTRODUCED IN SCHOOL CURRICULUM'

Rajasthan health minister Raghu Sharma has said that a chapter on coronavirus should be introduced in school curriculum to help the coming generations become aware of the challenges society faced together in fighting Covid-19. "Students should be made aware of the times we went through during the lockdown. This was the first pandemic outbreak reported in the world in over 100 years, and hence, its documentation should be done for the coming generations to remain prepared for future challenges, which we wish should never come," Sharma said.

"Had the Spanish flu reported in 1920 been documented, and a book available on it, we could have learned the tricks to fight the health challenge. Now, we need to have books for the newer generation to know how we fought the Covid-19 epidemic, and how society combated the challenge unitedly, and stayed in a lockdown for months," he said.

EDUCATION

DO YOU AGREE WITH THE MINISTER? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM / TIMESMAIL175@GMAIL.COM

BREATHING RIGHT IN CORONAVIRUS

Since the novel coronavirus is a respiratory virus, the condition of your lungs decide how vulnerable you are. Start strengthening your respiratory health before you decide to step out...

supriya.sharma2@timesgroup.com

Now that countries are softening lockdown restrictions and people are venturing out, it becomes important to focus on our respiratory health. Air pollution, dust and allergens can all combine to expose you to greater risk of catching coronavirus. There are things you can do to improve breathing, just by changing a few lifestyle factors. Enhancing your respiratory health doesn't prevent you from getting infected, but it does have benefits that may reduce the severity of the illness if you are infected, and therefore your exposure to the virus.

CONTROL AIR POLLUTION: A study of air quality in Italy's northern provinces of Lombardy and Emilia Romagna found a correlation between Covid-19 mortality rates and high levels of pollution. Air pollution particles may be acting as vehicles for viral transmission. Scientists say that improving air



quality could play an important role in overcoming the pandemic. Air pollution is also known to weaken the immune system, compromising people's ability to fight off infection. So, reduce car trips, avoid burning leaves or trash, turn off the lights when you leave a room, and recycle paper, plastic, metals and organic materials.

VENTILATE YOUR SURROUNDINGS: It is best for airflows to be outward. Circulating stale indoor air is harmful in this scenario. Opening windows of the house allows any viral particles present in the air to exit the room, rather than you (or someone else) breathing them back in; and two, it brings more oxygen into the room – helpful for the lungs and all-around health.

SPEND TIME OUTDOORS WHILE MAINTAINING SOCIAL DISTANCE: Get out and inhale fresh air. Balconies, backyards or patios, are good locations to be, as well as walks while avoiding proximity to others. This has the same benefits as keeping windows open – ensuring

exhaled viral particles don't get re-inhaled.

DEEP BREATHING: A regular practice of 10-15 minutes of breathing exercises in the morning, followed by a light 10-minute walk is known to show phenomenal improvement in health and immunity, along with an overall healthy lifestyle. Says holistic lifestyle coach Luke Coutinho, "All of us breathe, but how many of us breathe the right way? Breathing exercises or pranayama is important not just for that one hour, but those teachings must slip into our daily lives."

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BREATHE IN THROUGH THE NOSE

Breathing through the nose helps clean incoming air, via cilia (small hairs) and mucous membranes, thus creating a shield against disease. Nasal breathing also warms and moistens incoming air. Says nutritionist & certified diabetes educator, Avni Kaul, "Breathing exercises can help because they relax your body. Deep breathing is one of the finest ways to reduce stress. This is because when one breathes deeply, it sends a signal to your brain to calm down and relax. The way one breathes affects his whole body. Deep breathing exercises can have a great effect on your state of mind, as well as improve the quality of your meditation."

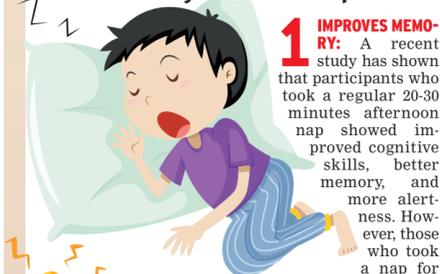
AVOID VIRAL REBREATHING

Among the ways to reduce rebreathing and other forms of exposure are the usual recommendations to breathe fresh air, frequently wash hands, clean surfaces and wash laundry. Good quality air filters can also be helpful both during the day and at night. A targeted approach is to regularly breathe out in one direction and breathe in in another, especially in the outdoors or through an open window. Also make sure you are not rebreathing the virus through your masks. Design requirements for a non-rebreathing mask include: Flows of air, filters and other means to reduce the likelihood that viral particles exhaled, coughed or sneezed by an individual are subsequently rebreathed.

3 AMAZING BENEFITS OF TAKING AN AFTERNOON NAP

Afternoon naps are great. Yes, they are. A mere 15-minute power nap can turn into a full-blown two-hour siesta, especially after a hearty lunch. And there are many who wouldn't mind it either. And the pandemic threw these chances at us often in these last three months, didn't it?

So let's take a look at some benefits of taking an afternoon nap.



more than 20-30 minutes suffered from grogginess and did not show any significant improvement in alertness.

1 IMPROVES MEMORY: A recent study has shown that participants who took a regular 20-30 minutes afternoon nap showed improved cognitive skills, better memory, and more alertness. However, those who took a nap for

2 INCREASES YOUR CREATIVITY: Many have repeatedly said that a sound nap not just helps them to handle stress better but also helps them to concentrate, boosts memory as well as increases their creativity.

3 INCREASES WILL POWER: Your mind refuses to push itself when it is extremely tired. It is a known fact that when it comes to matters of will power, it is often highest in the morning, when the brain is fresh. When you are sleep deprived, your brain has a hard time in concentrating and ignoring distractions. Power naps taken during the mid-day can help reduce stress and restore your focus.

FUN WITH MATHS

THE VULTURE BOARD GAME RULES

This board game is built around the concept of a bunny walking through a dangerous path on which it might encounter predators, in the current case - vultures. A vulture might catch the bunny if it lands on its territory. So, avoid vultures and if possible aim for the ladders, which enables you to reduce the risk of meeting a vulture and getting home faster.

OBJECTIVE OF THE GAME: The main objective of this game is to help teachers and parents teach children any subject in a fun way. As students play this game, they seamlessly review any particular skill.

ITEMS YOU NEED TO PLAY THIS GAME

- Two players
- A dice
- Two round chips
- A game board (print it out on hard A3 paper and laminate)
- A deck of cards on any topic of your choice (addition/ subtraction/ multiplication etc).

RULES OF THE GAME

- Players place their chips on the start position.
- Toss a coin to determine who will start first.
- Shuffle a deck of at least 25 or more cards on a particular topic. Place the cards face down to conceal the questions on them.
- Roll the dice in turns, pull out a card, answer the question and move forward the number of places indicated by the face of the dice.

- If you cannot answer the question correctly (or at all), keep the card aside and stay on your position.
- At the end of a round, the cards can be shuffled again and used for a new game. In case you run out of cards before the game comes to an end, you can shuffle all cards that were answered (or used during the game) and keep on playing.
- The objective is to reach the finish position.

PS The end of the game could be tricky. It is up to you to be flexible about how you wish to end the game. If the participant rolls the dice and gets a number that makes them move more spaces past the finish line, it is fine to end the game. But you could also make it harder by insisting on participants to have the exact number (after rolling the dice) to allow them to go to the end of the game. Feel free to make your own rules here.

This game has been tested in classrooms around the world and feedback has been overwhelmingly positive. Have fun and also review your maths skills.

Making Maths Fun: In this series, we will be sharing fun facts, puzzles and games that will help you practise your Maths! **HERE ARE A FEW GAMES TO GET YOU STARTED.** A Fun Maths Fact: Dice can be used in so many different ways when it comes to math. Whether you're practicing multiplication facts or fractions, try creating your own math problems with the roll of the dice. You can create fractions, simple multiplication problems or even word problems using dice. This can also be a fun way to put together a homework assignment...

Quiz time

CURRENT AFFAIRS

Q.1) What is the name of the cyclone which struck Lakshadweep and Kerala Coast? It is the fourth cyclone in the Arabian Sea this year.

- A. Fani B. Kayr
C. Maha D. Nargis

Q.2) Which city hosted the Olympic (2020) test event?

- A. Thimphu B. Tokyo
C. New Delhi D. Jakarta

Q.3) Which social platform has been questioned by the Indian government about Indians coming under sur-



veillance after testing an Israeli Spyware?

- A. WhatsApp B. Facebook
C. Mike D. Hike

The central government said it had asked WhatsApp to explain how the Israeli spyware 'Pegasus' had been used to infect the phones of many Indian human rights activists, lawyers and journalists, to spy on them and how the company would protect the privacy of Indians.



ANSWERS

1. C) Maha 2. B) Tokyo 3. A) WhatsApp



FOOD

KNOWLEDGE BANK

Quark

This cross between yoghurt and cottage cheese is a traditional, creamy, vegetarian, unripened cheese. It originated in German-speaking and eastern European countries. The fresh, soft, snowy white cheese is prepared from pasteurised cow's milk, with a small amount of rennet added to achieve a good, firm curd. However, traditional quark does not make use of rennet. The taste is subtle and its fat content ranges from low to medium. It's a great base for recipes such as cheesecake, pasta, sauces, sandwiches, salad and desserts.



TRY THIS...



This art is called Zentangle Art. It was discovered in 2003 when Rick Roberts and Maria Thomas combined two words into one art form. This art is about learning different designs and relaxing while doing so. It is derived from Zen - a Japanese meditation form and tangle - because the designs are geometric and fractal patterns.

By Ananya Sud, Class 4 D, DPS, Vasant Vihar, Delhi

Mind teasers

MATHS QUIZ

Q.1) One-third of Rahul's savings in National Savings Certificate is equal to one-half of his savings in Public Provident Fund. If he has ₹1,50,000 as total savings, how much has he saved in Public Provident Fund?

- A. ₹50,000 B. ₹80,000
C. ₹60,000 D. ₹32,000

Q.2) A fires 5 shots to B's 3 but A kills only once in 3 shots while B kills once in 2 shots. When B has missed 27 times, A has killed:

- A. 30 birds B. 20 birds C. 40 birds D. 44 birds

Q.3) A car travels 20 miles in the same time as another car, travelling 20 miles per hour

faster, cover 30 miles. How long does the journey take?

- A. 60 minutes B. 30 minutes C. 15 minutes D. 45 minutes.

Q.4) In a regular week, there are 5 working days and for each day, the working hours are 8. A man gets ₹2.40 per hour for regular work and ₹3.20 per hour for overtime. If he earns ₹432 in 4 weeks, then how many hours does he work for?

- A. 122 B. 175 C. 165 D. 123

ANSWER: (1) C) ₹60,000 (2) A) 30 birds (3) B) 30 minutes (4) B) 175

IDIOM OF THE DAY

A RISING TIDE LIFTS ALL BOATS

Meaning: When an economy is performing well, all the people involved will benefit from it.

Common myths related to Yoga that you must stop believing



physical activity to any gender. This logic applies to yoga too. Anybody can add yoga to their daily routine. As per history, some of the greatest yoga teachers have been men. Moreover, if we look into the health benefits that yoga offers, it offers sound physical and mental health to anyone who practises it.

It's only for slender people

Again, this is nothing more than a myth. Yoga is not only for slender people, but for everyone - irrespective of their physique and body type.

It is a religion

Yoga originated in India and derives its spiritual element from Indian culture, but yoga is not a religion. The mantras and chants associated with yoga have Indian roots. However, the purpose of this yogic science is to bring focus and good health. It is not necessary to chant the mantras. You can perform yoga even without any mantra chanting.

It's too easy

It is a combination of both easy as well as difficult asanas. You can master some in just 2-3 days, while others may take months to fine-tune. However, the important thing is to practise it every day and challenge your body, without losing your focus and consistency.

It is all about stretching

Yoga is way more than that. It has numerous asanas for every body part. In fact, some of the yogic kriyas are meant to reduce specific health problems too.

You need to be flexible to perform yoga

You do not need to be flexible to start practising yoga. On the contrary, yoga helps you to get flexible. In the beginning, you may find it a little difficult to touch your toes while standing or bending your torso, but this is what yoga helps you to achieve. With time, your range of motion will increase and you will perfect the asanas.

It is only for women

It is incorrect to link a specific form of