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STUDENT EDITION

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WEB EDITION

1 LISTEN TO HARRY POTTER: Celebs, including Daniel Radcliffe, David Beckham and Dakota Fanning will take part in chapter-by-chapter readings of JK Rowling's book, 'Harry Potter and the Sorcerer's Stone' on Spotify

2 HOW TO USE ONLINE RESPONSIBLY: TAKE A PLEDGE
<https://toistudent.timesofindia.indiatimes.com/news/top-news/how-to-use-online-responsibly-take-a-pledge/51465.html>

3 10 FITNESS LINGOS YOU SHOULD LEARN:
<https://toistudent.timesofindia.indiatimes.com/news/lifestyle/10-fitness-lingo-you-should-know/51489.html>

GET YOUR MIND MOVING!

With lockdown still in full swing, how about giving your mind a workout too? While crosswords and puzzles have their place, there are many more that can keep your mind fresh and agile. Here are the best brain and memory boosting tips...



PLAY ANTIQUES ROADSHOW: Choose an everyday object — anything from a spoon to a hairband — and pass it around your family. Each person must come up with a story about the object. For example: What period of history is it from? Did it belong to anyone special? According to psychologists, a playful mental attitude enables flexible and creative thinking, so making fun games a part of your routine will keep your brain active.

MAKE A SHOPPING LIST: As you write, picture each item in your mind. Don't actively engage the brain, instead let your creativity take over and see what happens. Research suggests that when we go with the flow and don't think too hard, we open the mind to new possibilities and generate fresh ideas.



MAKE YOUR OWN SONG: Sing along to your favourite song, but create your own lyrics. Don't actively engage the brain, instead let your creativity take over and see what happens. Research suggests that when we go with the flow and don't think too hard, we open the mind to new possibilities and generate fresh ideas.

SET THE SCENE: Look out of your window. What do you see? Get a pen and paper, and describe the scene in a paragraph. Then give yourself a break. Next, go outside and take in the scene again. Use your senses this time, then go inside and write another paragraph. Compare the two descriptions—the second is more engaging because using all five senses makes it a 3D experience.

BECOME AN AUTHOR: Choose an animal, a song, a food, a country, a book, a piece of clothing and a flower, then turn them into a short story. Read the story a couple of times and put it to one side. Later in the day, recall the story and see what you can remember.

TELL A STORY: Use social apps to create a virtual storytelling group with friends and family. One person starts the story, then passes it on with everyone adding a few sentences to keep it going. Research in psychology suggests a strong link between spontaneous and controlled thinking and creativity. So any activity that combines thinking on your feet with logic, like continuing a narrative, gives the brain a workout.

GET LOGICAL: Write 10 random numbers on paper. For one minute, read the list aloud—again and again. Turn the paper over and relax for a minute. Then recount the numbers in sequence and write them on the back of the paper. Compare both lists and see how well you've done. There's scientific evidence that repetition helps the brain solidify connections used to recall memories and information. This also works for names and learning new skills.

PLAY GUESS WHO USING FACETIME Pick a famous person, then write down four words associated with them. Take it in turns to reveal the words to each other and guess who the person might be.

5 BEST ANXIETY RELIEF APPS



Positive Penguins HD (Android, iPhone, iPad)

Called Positive Penguins, this app developed by a Melbourne schoolgirl and her family, is a simple, interactive, educational tool that helps in understanding your emotions and experience them in a positive way. It also provides practical ways to understand and cope with these emotions and, change the way they think.

Breathe, Think, Do with Sesame (Android, iPhone, iPad)

Breathe, Think, and Do with Sesame app helps in dealing with frustrating situations using the "breathe, think, do" method. You will learn to take long, deep belly breaths to calm down, think of a few strategies to handle the problem, and then do those things.

Headspace: Guided Meditation (Android, iPhone, iPad)

This app uses common meditation techniques such as body scans, becoming aware of environmental sounds, breath awareness, breath counting, and more to establish a serene, aware space for the mind to rest.

Stop, Breathe & Think: Meditation and Mindfulness (iPhone, iPad)

Stop, Breathe & Think is a free mindfulness and meditation app that encourages you to develop positive habits.

DreamyKid Meditation App Just For Kids (Android, iPhone, iPad)

This app is an easy-to-use meditation tool that includes kid-friendly guided visualisations, affirmations, and meditations. Kids can listen to selections for promoting relaxation, falling asleep more easily, among others.

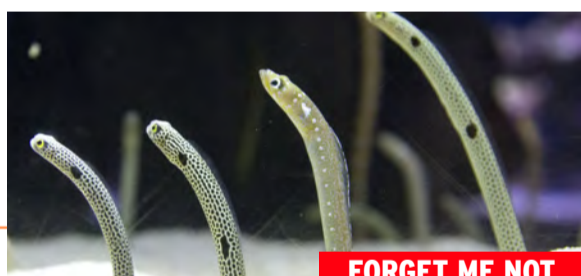
NEW WHATSAPP CHATBOT TO SPOT COVID-19 RELATED MISINFORMATION

The International Fact-Checking Network (IFCN) has launched a WhatsApp bot, with more than 4,000 debunked hoaxes, to fight COVID-19 misinformation. The Poynter Institute's International Fact-Checking Network has launched its chatbot on WhatsApp.



TECH BUZZ

IFCN's bot has been built to address the challenge of misinformation, particularly during the COVID-19 pandemic, by connecting people with independent fact-checkers in more than 70 countries and also with the largest database of debunked falsehoods related to the new coronavirus



FORGET ME NOT

JAPAN AQUARIUM SEEKS VIDEO-CHATS FOR EELS

A Japanese aquarium, closed during the coronavirus outbreak, is asking people to make video calls to their eels so that the sensitive creatures remember humans exist and don't pose a threat. The Sumida Aquarium, housed in the landmark Tokyo Skytree tower, has been closed since the start of March and its animals have become used to a largely human-free environment during the two-month calm.

In a bid to reacquaint the eels with humans, the aquarium is setting up five tablets facing the tank housing the delicate creatures, with eel enthusiasts asked to connect through iPhones or iPads via the FaceTime app. Once the video calls start, people are supposed to show their faces, wave and talk to the eels

NEWS IN BRIEF

CLICK HERE FOR MORE

SOON, 'TWILIGHT' PREQUEL BOOK. WRITTEN FROM VAMPIRE'S PERSPECTIVE

Author Stephenie Meyer has thrilled fans of her best-selling 'Twilight' novels by announcing that she will release a prequel that explores the characters' love story from the perspective of vampire Edward Cullen. Called 'Midnight Sun,' the new book will chronicle Cullen's past and the time he first meets Bella Swan, a human high school classmate, who later becomes his wife. Earlier installments have been told from Bella's point of view.



BOOKS

Meyer's original four 'Twilight' books sold more than 100 million copies. They were adapted into a blockbuster film series released by Lions Gate Entertainment Corp that starred Robert Pattinson and Kristen Stewart

WORLD LEADERS PLEDGE BILLIONS FOR VIRUS VACCINE RESEARCH

World leaders, organisations and banks have pledged \$8 billion for research to find a vaccine against the new coronavirus, but warned that it is just the start of an effort that must be sustained over time to beat the disease. The funds, pledged at a video-conference, was held in response to the World Health Organisation's call for global collaboration to contain and defeat COVID-19. Notably absent from the event was US, where more than 67,000 people have died of coronavirus, till date.



FOR A CAUSE

About 100 research groups are pursuing vaccines, with nearly a dozen in early stages of human trials or poised to start

TEAMS DON'T TAKE US LIGHTLY ANYMORE: MITHALI RAJ

India's women team ODI skipper Mithali Raj wants to add that elusive World cup trophy to her cabinet, before calling it quits. Raj has stated that constantly churning out good results against top sides has helped the team gain a solid reputation in recent times. According to her, teams don't take India lightly anymore and come prepared before facing them.



Raj helped India reach final of the World Cup tournament on two occasions — 2005 and 2017 — but the 'Women in Blue' suffered heartbreaks against Australia and England respectively

SPORTS

HIGH SCHOOL KIDS MAKING INSTA YEARBOOKS IN US



GETTING CREATIVE

Hundreds of students in the US have created yearbook accounts on Instagram to celebrate their classmates' achievements and share memories and inside jokes. The pages are assembled from student submissions sent to the account administrators by direct message—portraits, post-graduation plans, quotes. Classmates comment on each post as a kind of signature. Matt Beiger, 18, a senior at Dunwoody High School in Dunwoody, Georgia, created a yearbook account for his high school a couple weeks ago. So far, they've featured more than 130 students on the account — about a third of their class.

Have you created something on these lines? Please share at timesnie175@gmail.com

WHAT As race to develop vaccine for the treatment of COVID-19 gains momentum, the Food and Drug Administration (FDA) has granted emergency use authorisation to use remdesivir to treat the new virus.

WHY An antiviral drug, remdesivir was developed by pharmaceutical giant Gilead Sciences, to fight the Ebola virus that struck the world in 2013. It was shelved as it was found ineffective. However, despite its initial failures, Remdesivir was later shown to be effective against both SARS and MERS, and is now being tested in new clinical trials as a potential treatment against COVID-19.

EXPLAINED



REMDESIVIR

HOW It obstructs the stage of replication, when the virus creates copies of itself in the body. In other words, the drug is able to inhibit the virus and prevent its further spread in human cells

According to experts, once the virus enters the human cell, it releases its genetic material, which in turn is copied using the body's existing mechanism— various human proteins, virus proteins, and their interactions come into play at every stage of infection.

CELEB TALK

It is important to focus on learning new skills during lockdown: Paes



Indian tennis great Leander Paes has stressed on the need to focus on learning new skills during the coronavirus-forced lockdown to keep oneself mentally and physically fit. Speaking at an Education Webinar for coaches, jointly organised by the All India Tennis Association (AITA) and the Sports Authority of India (SAI), Paes spoke on various topics including his junior days, transition to men's circuit, and the role mental fitness plays in tennis, among others.

The Webinar will also have a session of 'Coaching Young Children and Young People' by Kawaljeet Singh. Miguel Crespo from the International Tennis Federation will join as the guest speaker.

FUN-ZONE

HAVE A VIDEO TO SHARE? SEND IT TO US

LEARN WITH OUR COVID-19 WARRIORS: Aditya of PP2, Kalpa School, Hyderabad, has a word of advice on how to keep oneself protected from the coronavirus. Lakshmi Prananthi of class XII, Delhi Public School, Nacharam, Hyderabad, speaks about the steps taken by her school to reach out to students amidst the pandemic outbreak.

Go to www.toistudent.com to watch the videos.

Have a video on how to deal with this current lockdown? Send us 1) Clear videos 2) Of 2minute duration 3) With details (name, class and school) 4) At timesnie175@gmail.com

CHECK YOUR APTITUDE

1. A bullet train, starts its journey at 0700 hours, to cover a distance of 900 km one way. It completes one round trip at 1300 hours. Find the average speed of the train.
A. 300 kph B. 690 kph C. 360 kph

2. Jeff borrows ₹ 7000 from Bob and plans to return this money after 3 years at an interest rate of 13% per annum. How much money would Bob receive at the end of 3 years?
A. ₹ 7000 B. ₹ 9730 C. ₹ 9130 D. ₹ 2730

3. Manoj travels 3 km forward, turns left, and proceeds 4 km to reach school. What is his total displacement?
A. 5 km, B. 7 km, C. None of the above, D. 25km

ANSWERS: 1. (A) 300 kph 2. (B) ₹ 9730 3. (C) None of the above

Sneha, class X, Silver Oaks International School, Sarjapur, Bengaluru

KNOWLEDGE BANK

NATURE

Amanita phalloides
Commonly known as death cap, it is a deadly poisonous basidiomycete fungus mushroom. Widely distributed across Europe, ingesting one death cap mushroom is enough to kill a healthy adult. In fact, people are advised not to touch it. Within 6 to 12 hours after consumption, violent abdominal pain, vomiting, and rapid fluid loss can happen and eventually death.

Vibha A Vaidya, class IV, Silver Oaks International School, Sarjapur, Bir

Quiz time

TECH
Pranav V, class VII, Silver Oaks Intl School, Sarjapur, Bengaluru

Q.1) Which type of processor can be overclocked?
A. X, B. U, C. H, D. HQ

Q.2) Which of these processors are made by apple?
A. i7, B. 3750, C. Pentium, D. A12

Q.3) Which of these processors are server processors?
A. Intel i9, B. Intel XEON, C. Intel Celeron, D. AMD Ryzen 3 3200

Q.4) Which is the most powerful graphics card?
A. RTX 2080 Max - Q, B. GTX 1080 Ti, C. Titan RTX, D. AMD Radeon VII

Q.5) Which iPhone has the best camera?
A. iPhone Xr, B. iPhone X, C. iPhone 8 Plus D. iPhone Xs

Q.6) Which is the fastest type of storage?
A. SSD, B. HDD, C. SSHD, D. EMMC

Q.7) Which is the newest type of ram?
A. DDR3, B. DDR4, C. DDR5, D. DDR6

ANSWERS
1. (A) X, 2. (D) A12, 3. (B) Intel XEON, 4. (C) Titan RTX, 5. (D), iPhone Xs 6. (A) SSD, 7. (B) DDR4

Rock the TEST

Want to boost your general knowledge? Take this exciting test. Rest assured, it will really test you!

GEOGRAPHY
Theme: Africa

Q1. Which of the following imaginary lines does not pass through Africa?
A: Tropic of Cancer
B: Equator
C: Tropic of Capricorn
D: International Date line

Q2. Which African river crosses the equator twice?
A: Zaire River
B: Nile River
C: Senegal
D: Zambezi

Q3. Which is the longest river in Africa?
A: Congo River
B: Orange River
C: Zambezi River
D: Nile River

Q4. Which of the following is not a tribal community of Africa?
A: Zulu
B: Maasai
C: San Bushmen
D: Lepcha

Q5. Which of the following deserts is the largest hot desert and the third largest desert in the world after Antarctica and the Arctic?
A: Sahara Desert
B: Kalahari Desert
C: Karoo Desert
D: Namib Desert

Q6. Tugela Falls, the second highest waterfall in the world, lies in which African country?
A: Algeria B: S Africa
C: Sudan D: Tunisia

ANSWERS: 1. D, 2. A, 3. D, 4. D, 5. A, 6. B

Word Wise

Defenestrate (verb): to throw (something or someone) forcefully through a window.
Synonyms: eject, expel.
Examples:
■ His boss was defenestrated after he refused to give him a pay raise.
■ She ejected her table lamp through the window.
■ The rock was expelled forcefully out of the window.
■ The seat was ejected through the cockpit window.
■ In a hasty bid to escape, he defenestrated himself and ran.
Siddharth Arun, class IX, Silver Oaks International, School, Sarjapur, Bengaluru

WUZZLES

WORD PUZZLES BY TONY
1. RR PASS
2. ACE IT DEUCE IT TREY
3. The Weekly "Brain Breaker"
RYE RYE

Print Your Answers Here:
1. _____
2. _____
3. _____

Today's Answers are on Page 02

Created by Tony Whitford
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ANSWERS
1. Riddler overpass
2. High-rise
3. High-rise

S.F. AND COMIC KIDS

On his first trip to civilization, Jerry Giraffe claims he was attacked. Jerry says he was crossing a black trail when a creature with bright, shining eyes quickly approached. It let out a loud cry and then slammed into him with its hard skin. Before Jerry passed out, he noticed part of the creature was transparent, and other animals it had swallowed could be seen inside. What explanation does Slylock Fox have for the giraffe's experience?

Slylock -- Jerry was hit by a car.

FAMILY CIRCUS

"Daddy left his toys on the floor again!"

SCHOOL IS COOL

Engaging with the new ethics of virtual learning

For a successful e-Learning journey, there are some basic etiquettes that will ensure you get the best from your efforts.

- 1. Positive Attitude towards Learning**
As a remote learner, the important the thing you can do is to shift your attitude towards study from thinking of it as a chore and turning it into something you enjoy.
- 2. Envisage the Internet Connection and your device as your classroom.**
Imagine your computer and internet access as important as the physical settings in a typical classroom by having your stationery organised before you begin studying.
- 3. Do Take Study Breaks**
A 10-minute study break every 40 minutes being ideal, will not only be great goalpost to work towards, but it'll help you feel refreshed and rejuvenated for your next study session.
- 4. Be Active and Interactive**
The eLearning platforms have a range of communication methods designed to keep you in touch with students and teachers. So make sure you reach out on discussion boards, emails, and in group settings whenever you can.
- 5. Designate your learning space**
Any area filled with distractions such as a TV room probably isn't going to be conducive to studying. Always be backpack-ready to embrace the remote learning schedules.

Anita Wadehra, Principal, DLDVA Model School, Pitampura

THE SKIES ARE BLUE LIKE NEVER BEFORE!

The times are different-unprecedented challenges have shaken humanity forcing it to introspect about the way life has to be lived. Never again shall we take for granted the beauty of our simple routines.

However, are we not able to hear the birds sing? Breathe cleaner air? Yes! That is what we must focus on.

We have turned the school virtual. The teacher-student-parent connect is established through various online learning platforms. It is heartening to see the commitment of the faculty to learn the use of tech tools for reaching out to students. Even the art and music teachers have shared their audios and videos.

REENA RAJPAL
Principal, DLDVA Model School, Shalimar Bagh.

Tough times don't last, tough people do; Be strong now, things will get better soon

Let's all acknowledge that in this present scenario the real unsung heroes are our kids! In these tough times of the COVID 19 pandemic it's our children who have had to make the maximum sacrifices! They are confined to their homes all day; they can't go out to play or meet their friends and are possibly surrounded by irritated parents/adults. Hence a humble request to all parents, hug your kids a little tighter, share jokes and have a few laughs as a family, avoid dwelling on the mortalities caused by the COVID 19, reassure them that this situation is temporary in nature and normalcy will return soon.

Have a conversation with them; don't talk 'at' them, rather 'with' them. Listen to their jokes, let them run around the house, give a patient hearing to their insecurities. Above all tell them how proud you're of the way they are handling the social distancing. And watch them thrive and blossom even in these trying times!

NEENA THIMMAYA, Principal, Swiss Cottage School, Gurgaon

STUDENT CORNER

NAVYA SHARMA, Class VII, Vidya Bharati School, Surya Nagar, Ghaziabad

COVID-19

SAVE ME

PRATISHTHA, Class VII, Bosco Public School, Paschim Vihar

AARAV GUPTA, Class V, Suncity School, sec 54, Gurgaon

Creative dimensions broaden in times of Covid-19

A COVID awareness drive was initiated by Sumermal Jain Public School, Janakpuri to help students have an understanding of the world we live in. The first-ever Online Painting Competition organised to spread awareness regarding the pandemic Coronavirus, on the occasion of Mahavir Jayanti and International Health Day. The event was attended by over 50 schools from Delhi-NCR and sending over 400 entries in three different categories (IV to VII, VIII to IX and X to XII). School treasurer Sonali Jain and principal Dr Racchana Saggi remarked that because of the lockdown the students can't come to the school but they can't be kept away from learning for long, so the school has started with the online classes also. In addition to the regular classes, such competitions give the students an opportunity to be creatively engaged.