



# THE TIMES OF INDIA

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**TODAY'S EDITION**

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**STUDENT EDITION**

THURSDAY, OCTOBER 22, 2020



**WEB EDITION**

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**1** In September 2020, the extent of ice in the Arctic Ocean fell to 1.4 MILLION ACRES, setting a record for the second-lowest summer ice cover since satellites started recording data 42 years ago, according to National Snow and Ice Data Center data

**2** The sea ice in the Arctic has declined by 1 MILLION ACRES since the 1980s, NASA observations show

**3** Besides, if greenhouse gas emissions are not controlled, Antarctica and Greenland's and melting ice cover could together contribute over 38 CENTIMETRES INCREASE IN THE GLOBAL SEA LEVEL BY 2100. Melted ice from Greenland's ice sheets would alone contribute 8 to 27 cm to sea level rise between 2000-2100

## WHY ARCTIC ICE LOSS IS A GLOBAL CLIMATE CONCERN?

**X-PLAINED**



**WHAT** A new study shows that the ice cover in Greenland would shrink more this century than ever, since Ice Age-end, around 12,000 years ago.

**WHY** Scientists say ice cover fluctuates due to seasonal factors, such as atmospheric pressure changes. However, climate change due to anthropogenic factors has dramatically increased the shrinking of Arctic ice in the last few decades

**THE IMPACT**  
Scientists say accelerating ice loss in the Arctic is linked to increased storminess on the Eastcoast. It would lead to weakening of the jetstream, resulting in slower weather patterns— events like heatwaves would last longer, they warn

**MORE ELNINO STORMS**  
According to reports, over the past 20 years, the Arctic Ocean has warmed rapidly, resulting in the air over the sea's surface

to form towers of hot air. Scientists believe that these changing weather patterns caused by ice loss may lead to more El Nino storms in the Pacific Ocean

**LOSS OF NATURAL HABITAT**  
Ice melting will also pose serious threats to the life of polar bears, who have to swim and hunt between smaller chunks— they get tired, which in turn make them weak, warn scientists. A 2018 study, in fact, found that polar bears in the Arctic region have been losing weight during late spring and summer, when they should be gaining weight to prepare for winter

## Spotlight

### NOKIA TO BUILD FIRST CELLULAR NETWORK ON MOON

Nokia has been selected by NASA to build the first cellular network on the Moon, the Finnish company said as the US space agency plans for a future, where humans return there and establish lunar settlements. Nokia said, the first wireless broadband communications system in the space would be built on the lunar surface in late 2022, before humans make it back there. It will partner with a private spacecraft design company, Intuitive Machines, to deliver the equipment to the Moon on their lunar lander.



■ The network will give the astronauts voice and video communications capabilities, and allow telemetry and biometric data exchange as well as the deployment and remote control of lunar rovers and other robotic devices, according to the company. ■ The network will be designed to withstand the extreme conditions of the launch and lunar landing, and to operate in space

## Influencing world politics

### WHO HAS MOST POWER IN ASIA?



China is closing in on the US as the most-powerful country influencing the Asia-Pacific, as America's handling of the Covid-19 pandemic tarnishes its reputation, a study showed. While America retained its place as the region's top superpower, its 10-point lead on China two years ago has been halved, according to the Sydney-based Lowy Institute's Asia Power Index for 2020, which ranks 26 nations and territories.

The US economy will recover to the pre-pandemic levels by 2024, the institute said. In contrast, China's economy has rebounded from the virus and is the only large economy forecast to recover in 2020. This could give it an advantage against its neighbours over the next decade

India, the fourth most-powerful nation on the index after Japan, lost economic growth potential in the pandemic, and is also ceding strategic ground to Beijing. Lowy projects that India will reach 40% of China's economic output by 2030, compared with the 50% estimate last year

### 16 bowlers have exceeded 150.7 kmph 100 times in IPL

### NEWS IN BRIEF

Sixteen speedsters have bowled deliveries measuring between 150.7 kmph and 156.22 kmph 100 times in the Indian Premier League (IPL) since its inception in 2008, (as on Oct 20), with Delhi Capitals' (DC) Anrich Nortje bowling the fastest ball in the tournament history against Rajasthan Royals (RR). According to the official IPL website, www.iplt20.com, South African Nortje exceeded 150 kmph mark four times in an over, with his fastest ball being clocked at 156.2 kmph.

■ Apart from Nortje, the other 15 bowlers who qualify for this list are: Dale Steyn, Kasigo Rabada, Pat Cummins, Shaun Tait, Jofra Archer, Navdeep Saini, Lasith Malinga, Lockie Ferguson, Umesh Yadav, Billy Stanlake, Ishant Sharma, Morne Morkel, Mitchell Johnson,

Parvinder Awana and Veer Pratap Singh  
■ Jofra Archer has been leading the RR's impressive bowling performances that have not quite been matched up by their batsmen this season  
■ Archer has surpassed 150 kmph 15 times this season alone, three more than what Nortje has managed, so far  
■ Saini and Yadav are the only two Indians to feature on the top 10 fastest bowlers in the tournament



**SPORTS**

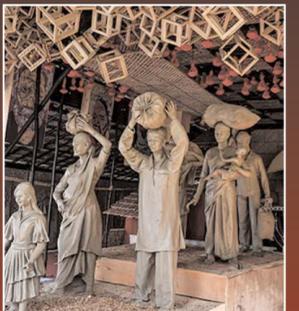
**3.5%** of the daily income of Indians is spent on a plate of food compared to 0.6% by a New Yorker, according to the 'Cost of a Plate of Food' report released by the UN's World Food Programme (WFP). The report said that a plate of food is most expensive in South Sudan, where people on average spend 186% of their daily salary on the basic ingredients. India stands at the 28th position on the list that features 36 countries across the globe.

**FACTOID**



## DURGA REIMAGINED...

The migrant crisis triggered by Covid lockdown, coupled with Covid warriors, have emerged as the main themes for the Durga puja pandals this year



## 25 years of 'DDLJ' BRONZE STATUE OF SRK, KAJOL to be unveiled at London's LEICESTER SQUARE

October 20 marked 25 years of the cult-hit romantic comedy drama, 'Dilwale Dulhania Le Jayenge'. The 1995 Shah Rukh Khan and Kajol-starrer film, performed exceedingly well at the box office and became a commercial as well as critical success. On the occasion of the film completing 25 years, the Heart of London Business Alliance announced that a bronze statue of the lead pair will be unveiled in London's Leicester Square.



The statue will depict a scene, which was filmed in the heart of the bustling city. It will be the latest addition to the 'Scenes in the Square' movie trail that include installations of Harry Potter, Laurel and Hardy, Gene Kelly from 'Singin' in the Rain' and 'Wonder Woman'

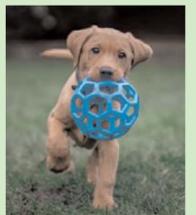
'DDLJ' is one of the longest-running Bollywood films in theatres. The film is considered a cult classic. In fact, during the 20 years celebration of the film, Shah Rukh Khan and Kajol had hosted an event at the Maratha Mandir theatre, where the film has been running for more than two decades



## PET CARE

### DO PETS NEED SANITISERS?

Sanitisers kill bacteria, however, there are certain bacteria that are healthy for pets. If chemicals are used to clean them, it might lead to problems," says veterinarian D Jeya Bharath, adding, "If the ingredients are natural and organic, then it shouldn't be a problem." According to the International Organisation for Animal Health, though there have been few cases of animals being infected, "the pandemic is driven by human to human transmission," i.e. there is little chance of you getting the disease from your pets.



# Music lessons are the best investment for kids

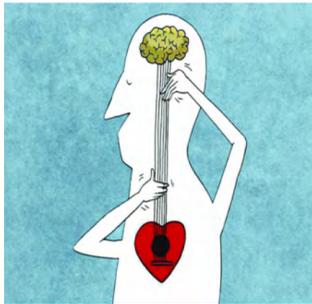
TAKE THE OPPORTUNITY TO STRUM, HIT OR BLOW SOMETHING MUSICAL.

## Music is a chance to learn a universal language

To get youngsters started on stringed instruments, a ukulele is a great choice. It's small enough for tiny hands to get to grips with, and cheap enough that your buyer's remorse won't be too painful if it ends up gathering dust in a cupboard.

Technology has also made piano and drums — two of the main instruments kids are most likely to respond to — much more accessible than in the past. Unlike the enormous wooden furniture models of old, today's digital keyboards are cheap and portable, plentiful on the secondhand market and just close enough to the real thing for you to assess whether junior has the chops to become the next Elton John.

Electronic drumkits are also plentiful today and far more affordable. A set plus headphones make it possible for a budding Keith Moon to



## HOW TO LEARN

One-on-one lessons are by far the best way to progress, and you'd probably be helping a musician pay the rent and the bills by employing them to teach your child. But YouTube offers a wealth of instruction videos for all kinds of instruments and levels if tuition is too costly for your budget.

practice their paradiddles without sonically savaging the rest of the household — and for mom or dad to let loose their inner Karen Carpenter or Phil Collins once the kids are tucked in bed.

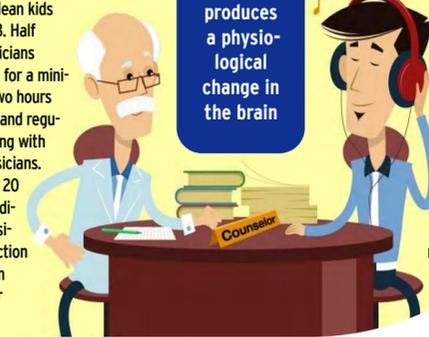
## DEVELOPMENTAL BENEFITS OF MUSIC

A five-year study by the University of Southern California published in 2016 found learning to play music from the age of six or seven boosted development in areas of the brain that deal with reading skills, speech perception and language development. Exposure to music instruction, the study argued, produced a physiological change in the brain, increasing what's called its neuroplasticity. Those results are echoed in a study in which researchers tested 40 Chilean kids aged 10-13. Half were musicians practicing for a minimum of two hours per week and regularly playing with other musicians. The other 20 had no additional musical instruction apart from what their

schools taught as part of their curricula. The children were hooked up to a machine that measures brain activity by detecting changes in blood flow, shown an abstract figure and played a melody, each lasting four seconds. They were asked to focus on both, one or neither of the pair of stimuli, then asked to recall. While reaction times were similar, the musicians did 'significantly better' on the memory test.

Exposure to music produces a physiological change in the brain

That can have life-changing implications: Greater cognitive flexibility is associated with favourable outcomes throughout lifespan, like higher resilience, improved reading.



## STAY Healthy Ghee-jaggery combo boosts immunity

You don't have to buy exotic food products to up your immunity level. Food items already available in your kitchen can do the trick if paired correctly. Nutritionist Rujuta Diwekar recently shared one simple Ayurvedic remedy that can help boost your immunity and manage your hormonal issues too. Taking to her Instagram handle, Diwekar revealed that having jaggery with ghee post-lunch is great for staying healthy. She said that the combination of these two food items would not only help to curb your cravings for sugar but will also work wonders for your skin and immunity.

seen after consuming sugar-laden products. Jaggery contains iron, magnesium, potassium and vitamins like vitamin B and vitamin C. Ghee, on the other hand, is a rich source of different types of vitamins and fatty acids. It is packed with vi-



tamin A, E, and D. Besides, it contains vitamin K that helps calcium to be absorbed in bones.

## REGULATES HORMONES AND KEEPS YOU GLOWING

Both jaggery and ghee help to boost immunity and maintain hormonal imbalance. When taken together, they can detoxify your body and also keep your skin, hair and nails healthy. They are also known to be an excellent mood booster and help you overcome the problem of anaemia.

## HOW TO HAVE

Rujuta recommends mixing some jaggery in a tablespoon of ghee and having it post-lunch for maximum health benefits. You can also have it after your dinner if you prefer to end the last meal of the day with something sweet.

## 5 healthy habits to for healthy skin

A good skincare routine isn't just based on the kind of products you invest in for your skin. It has got a lot to do with the habits you form to keep your skin healthy and happy. With everyone spending a long time at home due to the pandemic, it becomes all the more important to choose this time to form healthy habits for your skin. Here's what you should be doing to achieve a natural, clear and glowing complexion

## GOOD SLEEP

This one is a very done and dusted pointer, but we can't stress enough on how important sleep is for your body. The eight hours of sleep that you give to your body every night will make your skin heal and repair itself. It's called beauty sleep for a reason.



## EAT SKIN-HEALTHY FOODS

Junk foods will always give you break-outs. To avoid that, you need to start eating foods that are rich in vitamin C, fatty acids like omega-3 and omega-6. These fats will help produce the skin's natural oil barrier as it is fundamental in keeping the skin look young and feel hydrated.



## KEEP YOURSELF HYDRATED

Another common thing that is always recommended to keep your skin healthy is to drink lots of water. You must keep a daily check on your water intake. Keeping your body hydrated at all times will ensure flushing out of toxins which will then result in a clear skin.



## AROMATHERAPY FOR STRESS-RELIEF

One major factor that can harm your skin is stress. And you can do your bit to reduce stress in daily life by choosing aromatherapy. Light a candle that is infused with a fragrance which induces relaxation, such as lavender. It will help reduce anxiety and put you in a better mood.



## TURN TO SUPPLEMENTS

Supplements can also help you source key vitamins that are linked to skin benefits. Vitamin E supplements improve symptoms and quality of life for people who deal with eczema. Vitamin A supplements can also be taken by people who deal with signs of ageing or dullness. Vitamin B supplements help improve hyperpigmentation and acne. Note: It's advisable to get a doctor to recommend a supplement for you.



## BENEFITS OF THE SUPER-FOODS PAIR

Jaggery is a healthier alternative to refined sugar. It contains nutrients and does not spike the blood sugar level as

## QUIZ TIME (MIXED BAG)

Q.1) Who was declared a global terrorist recently?

- A. Masood Azhar  
B. Osama bin Laden  
C. Ayub Memon  
D. Dawood Ibrahim

Q.2) In Indian mythology, who are the human incarnations of Jay and Vijay?

- A. Nal and Neel  
B. Ravan and Kumbhakaran  
C. Hiranyakashap and Hiranyaksh  
D. Shishupala and Dantavakra

Q.3) Who is known as the father of poetry?

- A. Shakespeare  
B. William Wordsworth  
C. John Keats  
D. Geoffrey Chaucer

Q.4) Where did soccer originate?

- A. Ancient China B. Rome  
C. Ancient Greece D. England

Q.5) Which of these planets revolve around the sun clockwise?

- A. Uranus and Neptune  
B. Uranus and Venus  
C. Earth and Mercury  
D. Jupiter and Saturn

Q.6) In which country would you eat haggis?

- A. US B. Spain  
C. Scotland D. Sri Lanka

Q.7) Who is the author of 'The Lord Of The Rings'?

- A. J.R.R. Tolkien B. J.K. Rowling  
C. Alexandre Dumas D. Jerome K Jerome

## ANSWERS

- 1) Masood Azhar 2) D) Shishupala and Dantavakra 3) D) Shakespeare 4) A) Ancient China 5) B) Uranus and Venus 6) C) Scotland 7) A) J.R.R. Tolkien

## KNOWLEDGE BANK (GEOGRAPHY)

### Vulcan Island

In the Northern Philippine island of Luzon, there is a lake called Taal. Inside lake Taal is an island called the Taal Volcano. Now inside the Taal Volcano island is the world's largest crater lake which is home to the Vulcan Island. This is located on one of the most active volcanoes in the Pacific Ocean. It's incredibly dangerous to visit this place as it lies in a volcano that has been active since 1991.



## GRAMMATICAL MISTAKES

### BREACH AND BREECH

#### THE RULES:

- **Breach:** the back part of a gun barrel.
- **Breech:** to break through or break a rule; a gap.

#### HOW NOT TO DO IT:

- He put his hand on the **breach** of the gun.
- Many people consider her decision to be a **breech** of trust.

#### HOW TO DO IT PROPERLY:

- He put his hand on the **breech** of the gun.
- Many people consider her decision to be a **breach** of trust.

## EXPLORE YOUR CREATIVITY

Write a story about the picture given here in about 200-250 words and send your entry along with your name, class, school and picture at tolnie175@gmail.com



## IDENTIFY THE PERSONALITY



He is the founder of Marvel. He was born on Dec 28, 1922 and died on Nov 12, 2018.

Answer: Stanley  
Martin Lieber

## CHECK YOUR APTITUDE

1 Sushil starts moving in a west direction. After 100m, he turns to his left and moves 200m. Again he turns to his right and moves

100m. In which direction is he now with respect to his initial position?  
A. Southwest  
B. Northeast  
C. East  
D. South

2 Two glasses of equal volume are respectively half and three-fourth filled with milk. They are then filled to the brim by adding water. Their contents are then poured into another

vessel. What will be the ratio of milk to water in this vessel?  
A. 5:3 B. 3:5  
C. 25:9 D. 9:25

3 The ratio of Ashok's age to Pradeep's age is

4:3. Ashok will be 26 years old after 6 years. How old is Pradeep now?  
A. 18 B. 21  
C. 15 D. 24

Answer: 1. Southwest  
2. 5:3  
3. 15 years