



THE TIMES OF INDIA

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1 DON'T MISS OUT: Online v/s classroom teaching which is better? Click here: <https://toistudent.timesofindia.indiatimes.com/news/top-news/online-vs-classroom-teaching-which-is-better/50786.html>. Don't forget to leave your comments

2 HOW TO INTERACT WITH EXTROVERTS
<https://toistudent.timesofindia.indiatimes.com/news/how-to/interact-with-extroverts/50731.html>

3 TUNE IN: Bonding over radio: Novelist Ruskin Bond narrates his short stories on AIR. The broadcast is available on Prasar Bharati's mobile app NewsOnAir at 7.10 am and 10.10 pm daily till May 15

STUDENT EDITION
MONDAY, MAY 4, 2020
WEB EDITION

Make physical activity part of your routine during lockdown

Yes, you heard it right. Don't compromise on your physical activity, even if you are unable to step out during these lockdown period. Infact, according to experts, it's important that people make whatever use of their environment they can and take the opportunities to keep the physical activity going. So, follow these recommendations to stay fit and healthy...

I stay at home



HEALTH & FITNESS

you agile and fresh.

1 Take up a **health activity** along with your family. Encourage your parents and siblings to join you in yoga, dance, meditation, etc. It will keep

2 Avoid continuous **screen time**. Break up extended sedentary periods every 30 to 60 minutes.

3 Keep your **bedtime and rising time** consistent.

4 Avoid using your **cell phone** before going to bed.

Q • What is your fitness regime? Share your workout routine along with your videos at timesnie175@gmail.com



SPOTLIGHT

Thunberg donates \$100,000 to support children

Swedish climate activist Greta Thunberg has donated a \$100,000 prize she won from a Danish foundation to the United Nations Children's Fund (UNICEF) for use against the Covid-19 pandemic, the world body said. "Like the climate crisis, the coronavirus pandemic is a child rights crisis," Thunberg, 17, was quoted as saying in the UNICEF statement. "It will affect all children, now and in the long term, but vulnerable groups will be impacted the most," she said adding "I'm asking everyone to step up and join me in support of UNICEF's vital work to save children's lives, to protect health and continue education."

Meanwhile, actor Priyanka Chopra has also joined hands with Greta and UNICEF for a campaign for kids' cause

Indians should work for 60 hrs a week for 2-3 yrs to fast-track economy: Murthy

Infosys co-founder Narayana Murthy has said that Indians should take a pledge to work for 60 hours a week for the next 2-3 years "so that we can fast-track the economy". He also urged the government to take steps to streamline the process. "The government should appoint a committee of well-respected and accomplished people to advise them on how to remove hassles for these businesses, like during economic reforms of 1991," he added.



FACEBOOK LAUNCHES MESSENGER KIDS IN 70 NATIONS, INCLUDING INDIA

Facebook has rolled out Messenger Kids globally, including India, adding in new opt-in features for parents to help their kids connect with their friends.

➤ Messenger Kids is a video chat and messaging app that helps kids connect

with friends and family in a parent-controlled space.

Messenger Kids was first launched in the USA in 2017.

➤ Messenger Kids is compliant with the Children's Online Privacy and Protection Act (COPPA)

TECH BUZZ

MICROSOFT WORD CONSIDERS TWO SPACES IN SENTENCES AS ERROR

Microsoft Word has started flagging two spaces after a full stop as an error, settling the great space debate once and for all. First

The debate goes back to the typewriter days when characters like "!" used to get the same space. It necessitated the rise of two spaces, after a full stop to make the differences prominent

WORDSWORTH

spotted by the University of Denver law prof Alan Chen, the change is being rolled out gradually across Microsoft Word.

YOUTUBE'S FIRST VIDEO WAS UPLOADED 15 YEARS AGO!

On April 23, 2005, an 18 seconds-long video was uploaded to YouTube. The clip titled 'Me at the Zoo' was shared by the site's co-founder Jawad Karim. The video shows Karim standing in front of an elephant exhibit at the San Diego Zoo telling the camera that the animals have 'really long trunks.' Although simple and short, the video has been viewed more than 90 million times since making its debut 15 years ago.

DID YOU KNOW?

NEWS IN BRIEF

CLICK HERE FOR MORE

FEEL GOOD



NASA TO NAME ITS FIRST MARS HELICOPTER AND CREDIT GOES TO A DESI GIRL

NASA's first Mars helicopter has a name now and the credit goes to 17-year-old Indian-origin girl Vaneesa Rupani. Rupani, a high school junior from Northport, Alabama, earned the honour of naming the helicopter after she submitted her essay into NASA's "Name the Rover" contest. Destined to become the first aircraft to attempt powered flight on another planet, NASA's Mars Helicopter officially named: **Ingenium**, as suggested by Rupani.

NASA's Mars Rovers would be named 'Perseverance' based on a seventh-grader Alexander Mather's essay

COVID-19 EFFECT: ONLY STREAMED FILMS TO BE ELIGIBLE FOR OSCARS 2021



The Academy of Motion Picture Arts and Sciences will allow only those films streamed online for the forthcoming Oscars in the wake of the shutdown caused by corona. The films that had a planned theatrical release but are made available on a commercial streaming or video on-demand service may qualify in the best picture and specialty categories. Earlier, it required that a film be shown in a commercial motion picture theatre in Los Angeles County for 7 consecutive days.

The 93rd Oscars will be held on February 28, 2021

ENTERTAINMENT



SPORTS

SANIA MIRZA BECOMES 1ST INDIAN TO BE NOMINATED FOR FED CUP HEART AWARD

Indian tennis star Sania Mirza became the first Indian to be nominated for the Fed Cup Heart Award from the Asia/Oceania zone along with Indonesia's Priska Medelyn Nugroho. Sania had recently made a comeback to Fed Cup after four years. The winners of the Heart Awards will be determined by online voting by fans which will go live on May 1 and will go on until May 8.

The Fed Cup Heart Award is an International Tennis Federation (ITF) initiative that rewards players for their commitment to the competition

FACTOID

\$2.5 MILLION

That's the price of one of the world's largest lunar meteorites, that will go for sale at Christie's soon. The moon rock, weighing over 13.5 kg, was probably struck off the surface of the moon by a collision with an asteroid or comet, fell on Earth and was found two years ago in the Sahara Desert.

Known as NWA 12691, it is thought to be the fifth largest piece of the Moon ever found on Earth. Approximately 30 different meteorites were collected by the researchers



LEARN FROM CELEBS

Geography classes

by David

Attenborough on

BBC He will be host-

ing lessons on our

planet's oceans, mapping

the world, and why animals look the

way they do

Spanish from Sergio Aguero

Sergio Aguero,

Manchester City's

star striker turns his

attention to numbers

as he sets about get-

ting kids across the coun-

try counting in Spanish on BBC

Force, the solar system etc by Prof

Brian Cox Physicist Brian

Cox will bring science

lessons to life as he

covers topics includ-

ing the solar system,

force and gravity.



MANNER WISE

Hello! NO TOUCHING



Social distancing in the times of coronavirus has forced people do away with the handshake greeting. Apart from namaste, three forms of contactless greetings are used in various parts of the world.

TIBET: A traditional greeting by the residents of the Himalayan plateau region involves sticking the tongue out. According to Tibetan folklore, a cruel ninth century king had a black tongue, so people stick out their tongues to show guests they are not like him.

ZAMBIA: The Kunda and Tumbuka ethnic groups use a traditional greeting that involves cupping their hands together and clapping a couple of times. They also say "mulibwanji (hello)" or "mwakabwanji (good morning)" along with it, depending on the time of the day. To convey more respect, they add a squat. The lower the squat, more the respect.

THAILAND: This form of greeting involves a Namaste with a bow of the head. If you want to convey more respect, then just bow deeper and place your hands higher. Chest level for usual greeting; face level for an elder or a superior. SOURCE: NG

MYTH BUSTER

'Holding your breath can help test for coronavirus'

MYTH: You will be Covid-19 free, if you are able to hold your breath for 10 seconds with no discomfort.

FACT: According to WHO, this is untrue and dangerous as well. Being able to hold your breath for 10 seconds or more without coughing doesn't mean you are free of coronavirus, or for that matter, any other lung disease.

Fears about the virus have prompted the spread of misinformation on how to know if you do have Covid-19. The most common symptoms of Covid-19 are dry continuous cough, tiredness and fever. The best way to confirm if you have the virus causing this disease is with a swab test.

Red, Orange and Green zone districts

X-PLAINED



WHAT

The government has updated the list of hotspots across the country, based on the cumulative cases reported and the doubling rate, after a secretary level meeting with the states.

HOW RED ZONES

These are areas reporting a large number of cases or high growth rates such as Mumbai and Pune, New Delhi or Indore in Madhya Pradesh.

ORANGE ZONES

Districts that do not have enough con-

firmed cases to meet the 'red zone', but are being seen as potential hotspots, are part of the 'orange zone'.

GREEN ZONES

A district will be considered under Green zone, if there are no confirmed cases so far or there is no reported case since last 21 days in the district. Therefore, a 'red zone' can potentially become a 'green zone' if no new cases are reported for 28 consecutive days.