



# THE TIMES OF INDIA

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STUDENT EDITION

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WEB EDITION

## EXPERTS DEBATE COVID-INDUCED ONLINE LEARNING

### GOOD SCREEN TIME VS BAD SCREEN TIME

Parental guidance in digital learning, clear distinction between productive and unproductive screen time, and interactive sessions rather than one-sided video lectures are some of the measures suggested by experts to ensure the success of online learning mandated by the Covid-19 pandemic. The experts shared their views in a webinar organised by FICCI ARISE (Alliance for Reimagining School Education) on 'Good Screen Time vs Bad Screen Time' for a fair assessment of the nature and need of online learning.

#### PRODUCTIVITY IS THE KEY

It is not the screen time that matters but the content that is consumed, and the context of it that affects one's well-being. It is imperative to make a distinction between productive and unproductive screen time. Screen time, where an adult is on the other side, engaging children in the process of learning, cannot be viewed as harmful. Teachers ought to be trained to ensure that these are not one-sided lectures, and there is a certain level of interactivity, and also

tasks integrated into the lesson that allows the child to work independently. In other words, it is the quality of the interaction and the content that matters, not the time. VISHNU KARTIK, alumnus, Harvard University. It is not a good idea to expose children to screens below the age of two. However, for children above three years, 2-3 hours of time engaged in active learning is a good enough screen time. RAVINDRAN, education psychologist



Photo: Getty Images

#### CYBER HYGIENE SHOULD BE FOLLOWED

Parents and children need to understand that we are digital citizens. It is time to give children the values of digital citizenship—responsibility, respect, compassion, resilience, integrity and creating positive digital footprints. Two words should be added to the curriculum—netiquettes and digital wellness, which should complement with the word, cyber hygiene. RAKSHIT TANDON, cyber security expert

With online becoming the new normal, parents and educators, we invite your suggestions on how to make good use of screen time for kids. Please send your entries at [toinie175@gmail.com](mailto:toinie175@gmail.com) or [snie175@gmail.com](mailto:snie175@gmail.com)

**YOUR VIEWS MATTER**

#### SAFETY TIPS

- Eyes are sturdy and can take all kinds of radiations, however, what matters the most is, when the blinking rate goes down, or if the exposure to a screen is at a close distance
- Size of the screen matters—laptop and computer at an arm's length is intermediate, and are therefore, more suitable as against a tablet, book or the mobile phone, held close to the eye
- The best way to deal with the harmful effects is by taking enough breaks. For instance, a 10-10 rule or a 20-20 rule, wherein after every 10 minutes, one must practise shutting the eyes for 10 seconds. Same for the 20 minutes rule. One could also download applications to set reminders about these healthy practices

PARUL SHARMA,  
Ophthalmologist

### LEARN TO PLAY AN INSTRUMENT WITH THESE FREE ONLINE MUSIC LESSONS

#### DRUMS: Drumeo

DrumLessons.com, run by Drumeo, contains dozens of drum lessons that are rated by level, making it easy to pick and choose the beginner, intermediate, and advanced lessons, you'd like to learn. It includes, stick technique, setting up your kit, drum rudiments, basic beats and fills, among others



#### GUITAR: JustinGuitar.com

Justin Sandercoe, a Tasmanian guitarist and songwriter, has been offering free guitar lessons on his website since 2003. In the past 12 years, the site has exploded in popularity, racking up over 140 million views on YouTube and getting over 25,000 visitors each day. JustinGuitar.com will walk you through the basic principles of playing guitar



#### SAXOPHONE: DANCHRISTIAN.NET

A three-instrument music tutor, Dan Christian is a great teacher, and his website, focused on sax lessons, will help you get started, down the path towards jazz (or blues, or rock, or hip-hop) stardom. The selection is good; it will help you learn the basics



#### PIANO: Hoffman Academy

For people who wish to learn to play the piano; Hoffman Academy is a great place to start. Joseph Hoffman is a lifelong pianist, and has experience in conducting, composing, and music teaching. His venerable experience helps make Hoffman Academy, one of the best places to learn piano online



## The South Pole may become a watery hole



A new study has revealed that the South Pole is warming thrice as fast the global average in the last three decades and seven times as fast as the rest of Antarctica, raising serious concerns about the longevity of the icy continent.

#### DEEP INROADS

- ❑ The findings of the study are all the more startling, as scientists previously thought that since the South Pole was located deep in the interior of Antarctica, it was relatively immune from the effects of global warming
- ❑ Antarctica has enough ice, which if fully-melted, can raise global sea levels by 60 metres. That would drown not only cities, like Mumbai and New York, which are along the coastline of their respective countries – India and the US – but also cities, like Kolkata, which lie deeper inside the coastline

ern tropical Pacific Ocean near the equator— a region lying between Australia and Papua New Guinea, 'merely' 10,000 km away!

#### ALERT

**LONG SHOT:** The research team also found that till the 1980s, the South Pole was actually cooling by more than one degree Celsius every decade, thanks to its natural climate patterns that followed a 20 or 30 year cycle. However, at the turn of the century, it gave way to a 1.8 degrees Celsius warming, a rise of almost 3 degrees Celsius, courtesy warming in the west-

#### NEWS IN BRIEF

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#### HALSEY ANNOUNCES HER DEBUT POETRY BOOK

American singer Halsey is all set to come out with her debut poetry book, 'I Would Leave Me If I Could'. To be published by Simon & Schuster, the poetry collection, will be out on November 10 this year.

#### BOOK

The poems delve into the highs and lows of doomed relationships, family ties, sexuality, and mental illness. These autobiographical poems explore and dismantle conventional notions of what it means to be a feminist, in search of power

#### MEET EXOTIC BIRDS IN LIVE SESSION SERIES

For all you bird enthusiasts out there, Mumbai's interactive bird park is offering a series of four live sessions with their ex-



#### ENVIRONMENT

otic celebrity birds. Termed 'celebirdies', the EsselWorld Bird Park's 'Celebirdy LIVE', which starts on July 14, will see bird handlers doing a walkthrough of the Park, while introducing it and spotting some of the free flying birds at the premises. 'Kick', the Green-winged Macaw will be the first celebrity that will go live with the bird handlers, who will talk about the bird and discuss interesting facts on it.

#### YOUR CORNER

What is your favourite hobby? Please share your views on how hobbies can become meaningful at [toinie175@gmail.com](mailto:toinie175@gmail.com) or [snie175@gmail.com](mailto:snie175@gmail.com)

**BEST ENTRIES WILL BE FEATURED IN TIMES NIE**

#### EDUCATION

#### CBSE, FACEBOOK TO TRAIN STUDENTS AND TEACHERS ON DIGITAL SAFETY



The Central Board of Secondary Education (CBSE) has announced a partnership with Facebook to provide training on digital safety, online well-being and training on augmented reality (AR) to students and teachers. The training modules are for the secondary school students. The curriculum is now available on the CBSE website.

- The curriculum on digital safety and online well-being covers aspects, such as safety, privacy, mental health, and Instagram's guide for building healthy digital habits
- The module has been designed to guide students to become responsible digital users, identify and report threats and harassment, as well as report misinformation
- At least 10,000 students will be covered in the training, which will be imparted by the Centre for Social Research (CSR)

#### INSTAGRAM TO LAUNCH A HUGE REDESIGN FOR STORIES

Facebook-owned Instagram is preparing to launch a huge redesign that would make easier to watch



#### TECH BUZZ

favourite Stories in one place. Julian Gamboa, the marketing and social media manager at Adweek, recently posted screenshots of the new layout on Twitter and wrote: "You have heard of two rows of Instagram Stories...Now prepare for SEE ALL STORIES."

- The screenshots indicate that the main feed may soon include two rows of Stories at the top of the screen
- Additionally, there will be a new 'See All Stories' bar at the top of the screen and once tapped, a user will be taken to a new tab, in which all friends' stories are laid out in a grid
- Instagram is also working on a new feature called video note for its standalone messaging app threads that help users stay connected to close friends. The new feature will automatically turn audio in videos to live captions

#### WHATSAPP ROLLS OUT FIRST-EVER GLOBAL BRAND CAMPAIGN IN INDIA

WhatsApp has launched its first brand campaign in India that narrates real stories about how Indians communicate daily on



#### NEW LAUNCH

WhatsApp with their closest relationships. Called, 'It's Between You', the campaign gives thrust on WhatsApp's commitment to privacy. "With WhatsApp's end-to-end encryption, we come closest to replicating real-life interactions, and that's when we can truly be ourselves. The conversations you have, the jokes you tell, and the memories you relive belong to you, and deserve to stay between you," said Avinash Pant, director, marketing, FB, India.

- WhatsApp collaborated with filmmaker Gauri Shinde, along with BBDO India, to create two 60-seconds ads, each highlighting how WhatsApp's features, like texts, video calls or even a voice message, help replicate in-person conversations and bring people closer.
- One ad is based on a true story about an elderly woman and her caregiver, who are now separated from each other. The second story is a light and fun film about a younger sister, giving courage to her elder one through a WhatsApp video call, when the latter feels vulnerable and hesitant to give her a haircut at home

## Elton John to be honoured with commemorative coin by Royal Mint



Elton John has become the second artiste to be honoured by Britain's Royal Mint, with a commemorative coin paying tribute to the decorated British singer-songwriter

- The coin, designed by artist Bradley Morgan Johnson, depicts John's distinctive straw boater's hat, and fashions his trademark glasses out of a pair of musical notes
- John, who was knighted in 1998, is the second artiste to be commemorated under the Royal Mint's Music Legends series, after rock band, 'Queen'
- He has sold more than 250 million records, with hits, like 'Candle in the Wind', 'Your Song' and 'Bennie and the Jets'

