

The authors of lockdown2020

Meet super talented writers who realised their dream of writing and publishing a book when the world shut down due to Covid-19. Like you and me, they too know the fear of an empty page and self-doubt. The only difference is they kept writing. So can you!

We will feature more writers through the month of August!



Agamnoor Dhillon, Yadavindra Public School, Mohali, Batch 2020, published her poems in a book, 'The Celestial Stargazer', in the lockdown after writing it for over five years.

My book is a compilation of poems because...

I believe that everything is poetry. Every tree, every cat, every thunderstorm, every human being, is poetry – of the most beautiful kind. 'The Celestial Stargazer', though published now, is a compilation of poems that I wrote over the last five years. It is a mix of highs and lows, happy moments and not so happy ones, of lessons learnt and those forgotten.

IDEAS COME FROM: The best ideas come from the most profound of emotions – the deeper the emotion, the more spontaneous and moving the poem. Incidents, circumstances, people, successes, failures all contribute to poetry. And most importantly – Nature.

MY FAVOURITE AUTHOR: I am inspired by Markus Zusak ('The Book Thief'); and Vikram Seth, Cecelia Ahern, Jodi Picoult, Louisa May Alcott and Jane Austen.

<https://toistudent.timesofindia.india-times.com/news/times-nie-student-authors/meet-agamnoor-dhillon-the-celestial-stargazer/59674.html>

My advice

Don't give up. Never give up. Stay consistent and stay true to yourself – when you first start writing, don't think about what will be liked by people, instead, think about how you would feel if you read what you have written. Don't be too critical of your work, give yourself plenty of space and write.

Have you written something during the lockdown period and got it published? Let us know at timesnie175@gmail.com and we will have you featured in this space! Keep writing, keep engaging...

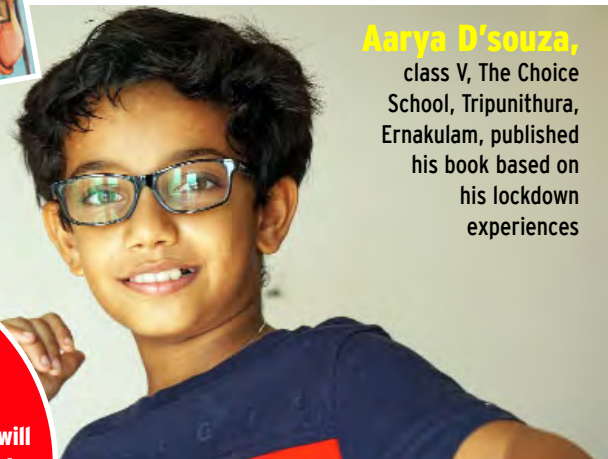
Lockdown Diaries

I wrote a book on my lockdown experience because.... Initially, I was very excited that our school closed because of Covid-19 lockdown. But a few days in, and I was bored to death! I had not planned to write but when my article, a school assignment was published in Times of India Student Edition online, I was super thrilled. Seeing this, my mom gave me a diary to write down everything and said if it turned out well, we could make it a book and give it to the school library.

MY FAVOURITE AUTHOR: Jeff Kinney, the author of 'Diary of a Wimpy Kid' series. I was not a reader before but after my best friend introduced me to this series, I really took to reading.

GOOD PART ABOUT WRITING:

If you have a good idea, be it funny or fiction, you can write and make a book of it. I was scared in the beginning thinking of how I could write something because my language and vocabulary needed to be strong. But I realised, if you have an idea and learn how to be a storyteller, then with the help of a mentor and editor, writing is not that difficult.



My advice

Whenever you think of something, a random idea or related to something that you might be writing about, always write it down somewhere immediately.
<https://toistudent.timesofindia.indiatimes.com/news/times-nie-student-authors/aarya-d-souza-author-of-lockdown-diaries/59678.html>

Aarya D'souza, class V, The Choice School, Tripunithura, Ernakulam, published his book based on his lockdown experiences

READ AND LEARN

THE TIMES NIE SOCIAL MEDIA ... ARE YOU THERE YET?

facebook Upload fun videos of your family and friends, share DIY ideas, comment on posts that you like, write and tag us!
➤ Where: **CLICK HERE** - <https://www.facebook.com/TOIStudent/>

YouTube Watch special screening AND VIDEOS! Have a short film to share? Send at nieyteam@gmail.com
➤ Watch out for: Short film on depression by our student
➤ Also coming up! Director Swayam Khanna's short FILM on Covid-induced lockdown! Watch this space for more updates.
➤ Subscribe now: Click here - https://www.youtube.com/channel/UCyT6h6Z3gq94BAhHqG5m-Ag?view_as=subscriber

twitter Start your own hashtag, make it a trend! Write and tag us!
➤ Where: Click here- <https://twitter.com/TOIStudent/>
NOTE: Please adhere to age guidelines on each platform: YouTube forbids children under 13 to create their account, ages 13 and 17 are allowed to open accounts only with parental permission. FB and Twitter require users to be at least 13 years of age to use their services.

GETTING BACK ON TRACK

SLOMO IS THE NEW FOMO

The future of travel lies in the hands of those who really care



Supriya.sharma2@timesgroup.com

Ironically, 2019 was the year of slow tourism in Italy. Venice was reeling under the pressure of mass tourists and the country decided to reject travellers and adopt a more mindful approach towards travel. Alas, 2020 had something else in store. What has happened in Italy today is a glaring example of reckless travel, something that's destined to change henceforth.

Amit Sankhala, owner of a wilderness camp in Kanha National Park and a well-known safari expert says, "Overtourism is seen as an important factor behind the spread of the coronavirus in popular tourist destinations like Italy and Spain. The concept of ecotourism is the need of the hour. We must work together to sustain a movement towards protection of nature."

hand in hand with other slow movements such as Slow Cities, Slow Money, Slow Education, Slow Schools, Slow Books, Slow Living. The idea which underlies all of these movements is to slow down and reduce the speed of modern life and consumption. Slow tourism offers the possibility to use a variety of forms of transport, from horsecarts to houseboats.

SLOMO travel encourages you to get involved in educational experiences that gives you a fresh perspective on the world. Rather than stopping for a selfie at the Berlin wall, a walking tour with a war hero can let you see the city through completely different eyes.

Future is here

Taking the slow lane, the not-so-obvious routes and unhurried means of transport will be the way the world will travel now, say experts. When travel restrictions are eventually relaxed – there will be heightened precautions as countries try to prevent Covid-19 and other infectious diseases crossing their borders. Read more at www.toistudent.com

What is slow travel?

The long winding train journeys, school mountain treks or road trips in dad's rickety Fiat. By definition, slow travel comes



GEOGRAPHY

KNOWLEDGE BANK

Black Hole

A black hole is a region in space where the pulling force of gravity is so strong that light is not able to escape. Because no light can escape, black holes are invisible. On April 10, 2019, the first ever direct image of the supermassive black hole in Messier 87's galactic centre was captured by the Event Horizon Telescope.

– Devang Ajmera, Class XI, The Heritage School, Kolkata



Laughter is the best medicine

A new study has suggested that people who laugh frequently in their every day lives may be better equipped to deal with stressful events...

The findings of the new research by the University of Basel was published in the journal 'PLOS ONE'. It is estimated that people typically laugh 18 times a day – generally during interactions with other people and depending on the degree of pleasure they experience. Researchers have also reported differences related to the time of day, age, and gender for example, it is known that women smile more than men on average. Now, researchers from the Division of Clinical Psychology and Epidemiology of the Department of Psychology at the University of Basel have conducted a study on the relationship between stressful events and laughter in terms of perceived stress in everyday life.

ter and the reason for laughing as well as any stressful events or stress symptoms experienced in the time since the last signal.

Using this method, the researchers were able to study the relationship between laughter, stressful events, and physical and psychological symptoms of stress ("I had a headache" or "I felt restless") as part of everyday life. The newly published analysis was based on the data from 41 psychology students, 33 of whom were women, with an average age of just under 22.

The final findings

It was seen that when the subjects laughed frequently, stressful events were associated with more minor symptoms of subjective stress. But when it came to the interplay between stressful events and intensity of laughter (strong, medium, weak), there was no statistical correlation with stress symptoms. "This could be because people are better at estimating the frequency of their laughter, rather than its intensity, over the last few hours," as per the research team.

Questions asked

In the intensive longitudinal study, an acoustic signal from a mobile phone app prompted participants to answer questions eight times a day at irregular intervals for a period of 14 days. The questions related to the frequency and intensity of laugh-

– TNN

The August Planner

Watch this space for

The winners of the **Draw Your Monster contest:** We got over 1000 entries and our team has been sorting through all of them. **WE are going to announce the results and publish most of your drawings here through August and September.** Keep watching this space!



Our New Contest! Yes, we have a new contest announcement on Friday. **The Awesome Friendly Adventure contest...** That's something you are not going to miss out on! Check out the cover here...

The lockdown authors series: We plan to interview and feature our budding authors – all through this month

The BIG, BIGGER Saturday issue ranging from critical thinking, emotional learning to financial literacy... Log on to www.toistudent.com for your exclusive copy!

Lot more activities and stories to keep you hooked..