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STUDENT EDITION

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WEB EDITION

COPING with online academics

2020 has indeed witnessed drastic changes, due to the preponderance of alterations that have occurred in societal functioning, triggered by the coronavirus. While many adults continue to work at home or remotely, one group of individuals is significantly affected— youngsters, many of whom are still in school or college. Interestingly, the otherwise tech-savvy-social media generation has found the transition to online academics daunting, leading to many experiencing anxiety, stress as well as depression.

TEEN HEALTH

DR. PARUL TANK, consultant psychiatrist and therapist, Fortis Hospital, Mulund, lists down some of the common problems faced by the students studying online, and how to reduce anxiety as well as the stress of being socially-isolated during the ongoing lockdown

THE PROBLEMS

REMAINING MOTIVATED:

When home becomes a classroom, students struggle to find a balance and a rhythm, or a way to stay motivated.

MANAGEMENT OF TIME: Being at home, one is conditioned to think of the surroundings to be a relaxed setting. However, with family and other siblings around, the attention span of the students decrease. Time management is a challenge as well; students develop erratic sleep habits, with the pressure to complete a project in time.

TECHNICAL ISSUES: There is a sudden irritability during the online class sessions due to poor internet connections among the attendees; often at times, systems shut down and need to be restarted; this leads to disinterest among the students to rejoin the lecture instantaneously.



TIPS FOR PARENTS

- The role that the parents and teachers play during this period is crucial
- Monitor your kids carefully; watch out for distress signs, keep an open channel of communication for your kids to let them know that you are there for them, while giving them their space
- Allow your kids to talk about their feelings, and share their daily learnings
- Watch out for online bullying, or signs of trauma, owing to the vulnerability of the online experience

WAYS TO REDUCE ANXIETY AND STRESS

STAY MOTIVATED: It is definitely easy to stress out when things are not moving in the right direction, or perhaps in the way you thought things will progress. Apart from academics, this is the time to rekindle a favourite hobby. Read novels, sketch or doodle, play board games, or simply stay motivated by indulging in light exercises

ENVIRONMENTAL TRAUMA: With the current situation, many students have had to overcome the plight of dealing with either personal loss of a family member, or have found it hard to acknowledge the global situation, unable to grasp the economic adversity, or witness interruption in their lifestyle.



PLAN YOUR ROUTINE: On a weekly basis, list down the important activities. Work on a daily planner to accomplish goals and priorities; set a timeline for each; share these activities with your family at home, intimate them about what you will do and when, so that, they are aware of your timetable, and do not cause distractions. However, even though life is challenging right now, it is okay to leave your work aside for a while to prioritise not only on your physical fatigue, but your mental health as well. Screen time should also be limited

CREATE A STUDY SPACE: Find a productive study space in your home, preferably at the table, and away from your bed. Make it comfortable; keep it tidy, and customise it with colourful stationery

ACCESSIBILITY TO ONLINE CLASSES: If you are facing a technical issue or internet concern, do not fret! Inform your professor about what's happening. Stay relaxed and wait till the matter is fixed. Teachers are flexible and will understand your hardships; ask a fellow student to record the session for you to come up to the speed with the rest of the class

CELEB TALK

MEET 'WORLD'S FASTEST HUMAN CALCULATOR'

Twenty-year-old Neelakanta Bhanu Prakash of Hyderabad has emerged as the fastest human calculator in the world, after winning the first-ever gold for India in Mental Calculation World Championship at Mind Sports Olympiad (MSO) held in London recently. A student of mathematics



MSO was held virtually with 30 participants up to 57 years of age from 13 countries, including UK, Germany, UAE, France, Greece and Lebanon. The MSO was first held in 1998

(Hons.) at Delhi University's, St Stephen College, Prakash holds the world record and 50 Limca records for being the fastest human calculator in the world. "My brain calculates quicker than the speed of a calculator. Breaking these records, once held by math maestros like Scott Flansburg and Shakuntala Devi, is a matter of national pride. I have done my bit to place India on the global level of mathematics," said Bhanu Prakash.

NEWS IN BRIEF

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MORE CENTRES, FEWER STUDENTS PER ROOM, STAGGERED ENTRY-EXIT FOR NEET, JEE



Increasing the number of examination centres, alternate seating plan, fewer candidates per room, and staggered entry and exit, are among the steps the National Testing Agency (NTA) will take for safely conducting the medical and engineering entrance exams, NEET and JEE, in September. These steps have been introduced to ensure adherence to social-distancing norms at the centres in view of the Covid-19 pandemic, even as chorus grows for the postponing the crucial exams.

EDUCATION

- ▶ While the Joint Entrance Examination (Main) is scheduled from September 1-6, the National Eligibility-cum-Entrance Test (NEET-UG) will be held on September 13
- ▶ A total of 9.53 lakh candidates have registered for the JEE-Mains, while 15.97 lakh students have registered for the NEET

INDIA TO POST STRONG GROWTH PICK UP IN SECOND HALF OF 2020: MOODY'S

Moody's Investors Service has said that India, China and Indonesia will be the only G-20 emerging economies

ECONOMY

to post a strong enough pick up of real GDP in the second half of 2020, and retained its projection of 3.1 per cent growth contraction for India in 2020.



- ▶ For 2021, Moody's has projected the Indian economy to grow at 6.9 per cent
- ▶ The Indian economy grew at the slowest pace in 11 years at 4.2 per cent in 2019-20
- ▶ Moody's said an economic recovery is underway, but its continuation will be closely tied to the containment of the virus

THE CHALLENGES

- ▶ Moody's said, disputes over trade, technology, and foreign policy between China and some of its trading partners, including the US, Australia, the UK, Canada and India, have escalated since the start of the pandemic
- ▶ Geopolitical tensions between the competing powers could exacerbate in a less interdependent world. Asian countries are vulnerable to the changes in the geopolitical dynamics

Greta Thunberg returns to school after a year of climate activism



Greta Thunberg is heading back to school after a year off. "My gap year from school is over, and it feels so great to finally be back in the school again!" the 17-year-old

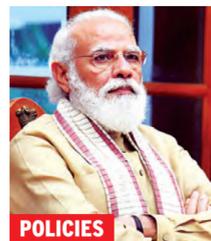
IN THE NEWS

tweeted, attaching a smiling photo of herself with a schoolbag on her back, and her hands resting on a bicycle.

In Sweden, high school level classes are returning to classes this week

- ▶ The teenager shot to fame, after starting her solo protests outside Sweden's parliament in Stockholm, two years ago on Aug 20, 2018
- ▶ Last week, she and other young activists held talks with the German Chancellor, Angela Merkel regarding the climate
- ▶ Thunberg was named Time magazine's youngest Person of the Year, and was also nominated for the Nobel Peace Prize

INDIA'S SELF-RELIANCE IN DEFENCE TO BOOST GLOBAL STANDING: MODI



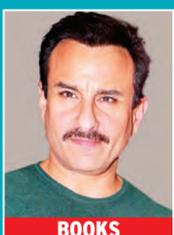
POLICIES

Speaking at a defence industry outreach seminar, PM Modi said that his govt's resolve for 'Atmanirbhar Bharat' is not inward-looking, but aimed at boosting India's capabilities, global peace, and helping the world economy become more stable. India's self-reliance in defence will boost its standing of being a net security provider in the Indian Ocean, he said.

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SAIF ALI KHAN COMING UP WITH AN AUTOBIOGRAPHY IN 2021

Actor-producer Saif Ali Khan is all set to open up about his "family, home, successes and failures" in an autobiography that is slated to hit the shelves in October 2021, publisher HarperCollins India, said. The actor said, it is nice to look back, remember, and record things before they are lost with time.



BOOKS

The publisher said the autobiography will be a no-holds-barred account with Saif, in his signature style, laced with wit and humour, opening up about family, home, successes, failures, his influences, inspirations and cinema

ANDERSON BECOMES 1ST FAST BOWLER TO TAKE 600 TEST WICKETS

Jimmy Anderson has entered the exclusive "600 Club." The England p a c e m a n became only the fourth bowler, and the first seamer, to take 600 wickets in Test cricket on Tuesday by dismissing Azhar Ali in the third Test against Pakistan.

SPORTS

- ▶ Anderson, who is playing in his 156th Test, is fourth on the list of all-time leading wicket-takers in Tests
- ▶ Only retired spinners, Muttiah Muralitharan (800), Shane Warne (708) and Anil Kumble (619), are above him



CLIMATE CHANGE, LAND USE CAN INCREASE SOIL EROSION BY WATER: STUDY

Soil loss due to water runoff is more likely to increase around the world over the next 50 years due to climate change and intensive land cultivation, claims a new research. The researchers based their predictions on three scenarios that are also used by the Intergovernmental Panel on Climate Change (IPCC). The scenarios outline potential developments in the 21st century based on several socio-economic situations.

ENVIRONMENT



Erosion is the process by which soil is carried away by the wind and, above all, water. Intensive agricultural land use and agricultural methods that increase erosion, along with deforestation and overgrazing, are responsible for accelerating the loss of soil. In addition, in some parts of the world, climate change is expected to further increase the amount of precipitation that will erode the soil

THE IMPACT

Soil erosion has far-reaching consequences. For example, it results in a loss of fertile soil, reduces agricultural productivity, and therefore, threatens the food supply of the world's population. Based on a global model, the new study predicts how soil loss from water erosion is likely to change by the year 2070