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TODAY'S EDITION

➤ In these testing times, kids like elders are bit shaky. Experts share tips on how to make them feel confident and secure
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➤ Adorn your wall with hand-made decor and other DIYs, as you prep your house this Diwali
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➤ T20 WC: Australia, West Indies aim for strong comebacks
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STUDENT EDITION

THURSDAY, NOVEMBER 4, 2021



COVID TIMES, MORE PRECAUTIONS NEEDED

1 Our lungs, already weak having inhaled the toxic air for the past many years, suffered another major setback only last year with the onset of the highly-contagious Covid-19 pandemic

2 Many are still battling with post-covid complications while those with asthma, bronchitis, COPD and other respiratory conditions are gasping for every minuscule amount of cleaner air like never before

3 With the horrifying nightmares of oxygen shortage witnessed all over the country during the second wave still afresh, the indispensability of breathable air cannot be overemphasised

CLICK HERE: PAGE 1 AND 2

DIWALI RESOLUTION

A breathable future!

The much-awaited festival of lights is here - the harbinger of peace and prosperity. With the economy coming back on track after the jolt suffered on account of the lockdown during the pandemic, spirits are rising. As we celebrate Diwali, let's resolve to go slow on firecrackers and make it a pollution-free festival, as we are still in the midst of a pandemic...



History of firecrackers

The bursting of firecrackers, which was once a rare spectacle has now turned into a common event. Up until the 19th century, firecrackers being expensive, would be commissioned by rulers for the entertainment of their citizens. Generating awe and wonder, aatishbaazi shows were organised on special occasions such as royal marriage ceremonies as an exhibition of the kingdom's grandeur and prosperity. It was only after Independence that restrictions were placed on imported crackers, which led to the emergence of the first firecracker industry in Sivakasi, Tamil Nadu. Thereafter, as crackers became cheaper and people became more prosperous, bursting of firecrackers commenced on Diwali.

WHY WE NEED A BREAK FROM FIRECRACKERS

■ In recent years, the combustion of metals, smoke and dust in the air has become a matter of grave concern despite comprising a mere 5 per cent of the aggregate air pollution. With pollution levels already too high on account of vehicular emissions, industrial activities and construction, there is no room for bursting of crackers
■ These toxic products contain harmful substances, which on combustion produce 2.5 PM. While the smoke evaporates in a matter of hours, the pollutants from the crackers remain suspended for days, making the air more unbreathable and carcinogenic
■ The ominous, heavy air during this time of the year further deteriorates the air quality as does stubble burning. ■ The weather, cracker pollution and agricultural residue burning combine to diminish the air quality to severe and dangerous levels, choking the air by converting it into gas chambers



Instagram launches new stickers, multi-author story for Diwali

For Diwali, Instagram has launched three new stickers to encourage its users to connect with their friends and family. Whenever people will post stories using the stickers, these will also be visible to their followers in a Diwali special multi-author story.



■ These stickers are a part of Instagram's global campaign for Diwali called #ShareYourLight. They have been created in collaboration with a Bengaluru-based illustrator, muralist and pattern designer Neethi

■ To use the stickers, a user just needs to capture or upload content to a story and select the sticker tool from the top navigation bar. Now, under the featured section, one will see the three new Diwali themed stickers and then place the same on a story.

➤ Earlier, Instagram announced that all users now have access to its Link Sticker feature in Insta Stories

➤ Link stickers are now available to all users regardless of verification status or number of followers

➤ You can access the feature by selecting the sticker tool from the top navigation bar when you capture or upload content to your Story

➤ After selecting the Link Sticker, you can add your chosen link and then tap Done. From there, you can place the sticker anywhere on your Story and tap



on it to see the other colour variations.

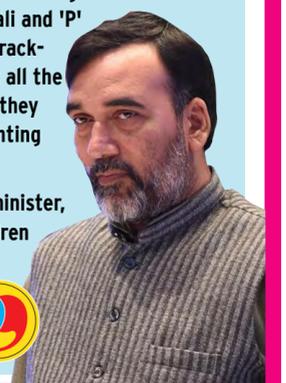
➤ New accounts and accounts that repeatedly share things like hate speech and misinformation, or other content that violates Instagram's Community Guidelines will not have access to the Link sticker

Quote unquote

Earlier, people would celebrate Diwali by lighting diyas (earthen lamps). There were no firecrackers. We have to return to the traditional way of celebrating the festival. 'D' stands for diyas and Diwali and 'P' stands for patakhe (firecrackers) and pollution. I want all the children to promise that they will observe Diwali by lighting diya and not crackers



Gopal Rai, environment minister, Delhi, urging school children and eco clubs to take a pledge to observe a firecracker-free Diwali



Chris Pratt to voice popular comic strip cat Garfield in new animated movie

After bagging 'Super Mario Bros', Hollywood star Chris Pratt is now set to voice the popular comic strip cat Garfield in a new animated feature. According to The Hollywood Reporter, Andrew Kosove and Broderick Johnson's Alcon Entertainment is backing the new 'Garfield'. Oscar nominee David Reynolds of 'Finding Nemo' fame has penned the film, which will be directed by Mark Dindile ('Chicken Little').



ENTERTAINMENT

Created by Jim Davis, Garfield first appeared in comics sections in 1978, with the lazy orange tabby cat often causing problems for Jon Arbuckle, his human owner, and the lovable household dog Odie. Garfield, which debuted in 41 newspapers, currently holds the record as the most widely syndicated comic strip in the world.

IN OTHER NEWS

PM Modi calls for 'One Sun, One World, One Grid' to improve viability of solar power

Emphasising that everything is created from Sun, Prime Minister Narendra Modi on Tuesday called for 'One Sun, One World, One Grid' to improve the viability of solar power and announced that India's space agency ISRO will soon provide the world a calculator that can measure solar energy potential of any region across the globe. Addressing world leaders at the event 'Accelerating Clean Technology Innovation and Deployment' on the sidelines of the climate summit in Glasgow, Modi said that fossil fuel powered many nations to become wealthy during the industrial revolution, but it made the earth and environment poor.



G20 agree to accept each others' WHO certified vaccines

The Rome Declaration at the conclusion of the G20 Leaders' Summit has agreed to mutually accept Covid-19 vaccines that are deemed safe and efficacious by the WHO, a development that will be useful for opening up the global tourism sector for economic recovery post the pandemic shut down. The Declaration has also agreed to extend the debt suspension service initiative so that vulnerable countries, low-income countries are not burdened with debt repayment at this critical time.



GET DIWALI READY WITH NIE

In case you missed our Diwali Special, you can revisit it via our archives. Download the October 30 issue now to get some doable tips and handy hints to celebrate a Happy Diwali

CLICK HERE

<https://toistudent.timesofindia.indiatimes.com/StudentEditionPdf.aspx>

WHAT YOU GET

- Ideas on a celebrating an eco-friendly Diwali
- Quick tips on
- décor, food and more for a DIY Diwali
- Walk on Ram's
- foot trail
- Tips on how to stay calm and find your inner glow

POSITIVE PARENTING



It's a tough competitive world where kids don't have it easy. Due to their circumstances, experiences or personality type, they may feel insecure time and again. This is where parents have to step in and try to find the cause of their insecurity and work towards removing it. Here are some helpful tips and advice

Teach them to love themselves

No matter how many mistakes your kids make, guide them through the process and tell them what they can learn from each of those mistakes. Do not let them indulge in self-pity and guilt, which may contribute to their insecurities. Teach them how to love themselves and do not let people's criticism, negative emotions and comments get to them.

Keep an eye on their social media movements

With the digital world taking over our lives, social media platforms can be a great contributing factor to your child's insecurity. Whether in the form of critical comments, negative judgements or trolls, your child can get affected by any of these things. That said, make sure you know what's going on in their personal as well as social life. However, do not invade their space and make them feel uncomfortable.

Make sure you are kind to them

A good parent never uses harsh words to straighten their children out. Rather, being kind and showing unconditional love is how you win them to your side. When it comes to an insecure child, being critical of them and nagging them for all their efforts is what makes them more stressed. So, acknowledge their efforts and push them to be better.

Tell your kids they can trust you with their problems and you will be around to listen, support and help

Build a safe and affectionate space at home

The best way to help your kids overcome their insecure nature is by creating a safe, affectionate space for them at home. Do not burden them with the challenges you're facing as a parent, rather shield them from all the negative energy. While making them aware of the realities of the world and preparing them for future competitions, also be compassionate towards them. **TNN**

FIVE WAYS YOU CAN RAISE HAPPY KIDS

No one is born insecure or fearful. Rejection, criticisms, unkind words are what gets to a person, leading them to feel or think less of themselves.

Children, too, can be prone to instances where they lose self-esteem and become insecure. That said, parents should always be there for their children, to uplift them and to make them feel more wanted and loved. No matter how stubborn your kids are, here are some things

you can do to help your insecure kid and make him/her more confident in life.

Locate the cause of their insecurity, offer to help

Parents must communicate with their children at all costs. In the case of an insecure kid, it becomes all the more crucial to do that. Only when you hold conversations will you be able to know the source of their insecurity. Once

you do that, you can offer to help them, enhance their problem-solving abilities and even come up with different ways to make them feel more in charge and less vulnerable and insecure.



5 MOST DIFFICULT PLACES TO VISIT IN WORLD

Travelling to locations that are not easily accessible is hardly easy. There are places across the world that are challenging to go to, but are worth the effort. Here's a list of the world's very difficult, yet most rewarding places to visit

TRAVEL TRIVIA



La Rinconada, Peru

Situated at 16732 ft above sea level, even the people of La Rinconada struggle to survive in a climate, where most people would find it difficult to even breathe. The weather here touches freezing point throughout the year, and the only way to enter and get out of the town is via icy roads!



Ittoqqortoormiit, Greenland

Since the sea ice blocks ship access to the town for around nine months of the year, this spot offers just a small window to the tourists to visit the region. Ittoqqortoormiit, however, has emerged as a prominent tourist destination for wildlife enthusiasts and culture explorers of Northeastern Greenland.



Okunoshima, Japan

Also called 'Rabbit Island,' this Japanese island once used to be home for chemical weapons factories, but is now known for its endearing feral rabbits. The island became famous when when a few years ago, a YouTube video of a woman happily running around with hundreds of bunnies surfaced and went viral.



Niue

It's a challenging destination to reach as it's in the middle of the South Pacific, which is around 1500-plus miles from New Zealand. While Niue attracts tourists, mostly from Australia and New Zealand, it is worth visiting, as it offers ample whale-watching tours, white-sand beaches, caves, etc.



Kerguelen Islands, Southern Indian Ocean

Located around 2051 miles away from civilisation, the islands are occupied by around 100 French scientists, researchers, and engineers all year round. The main island is also covered with vast glaciers, which is surrounded by 300 lonely satellite islands.

15 LESSER KNOWN DISHES OF INDIA

The diversity of India can be seen in its rich food culture. We are familiar with Thukpa of East to the Dhokla of West, Chole Bhatore of North to the Idli/Dosa of South. But, let's take a look at other less popular in the mainstream recipes too

BENAMI KHEER

During the Mughal era, this dessert was much loved by the royalty. The name is such that you will not be able to guess the ingredient, as its core ingredient was kept a secret. However, this off-beat kheer is made of garlic!

AWAN BANGWI

It's a traditional rice cake from Tripura and is made of 'guria rice' (also known as sticky rice), cashews, raisins and ghee. This rice mixture is steamed in a special type of leaf known as Lairu. Many people also use banana leaves for steam-cooking this dish.



SIDDU/SIDU

This dish from Himachal Pradesh is a type of toasted stuffed bread, served with dal and coriander chutney. Made of wheat flour, it is stuffed with walnuts, peanuts, green peas and paneer.

GOJJU AVALAKKI

It's a popular breakfast dish from Karnataka and is made of powdered poha. But don't think of it as regular poha, as it has sweet, spicy and tangy flavour in it and is made of jaggery and pulses.

PADDU

Also known as Guliappa or Paniyaram, it is made of left-over dosa/idli batter with some onion, green chillies, and coriander leaves. Balls are made of batter, which is then steamed and enjoyed with coconut chutney.



FOOD FACTS

PIYAZ KA HALWA

This dessert is made of grated white onions fried in ghee and then cooked in milk with some sugar and cashews. One look at this dessert and no one can ever guess its core ingredient.



GUNDA NU SHAAK

Aseasonal berry that grows in summers, Gunda is a popular ingredient in Gujarat and is

used to make various dishes. This dish is made with Gunda berry, red chillies, raw mangoes, gram flour, oil and spices.



MANDIGE/MANDE

It used to be prepared on festivals but is more common now. Made of wheat flour, powdered sugar, grated coconut and cardamom powder, Mande resembles tacos and tastes great.

CHAPDA/CHAPRAH



This is one unusual chutney from the state of Chhattisgarh. The core ingredients of this spicy chutney are 'red ants and their eggs', which are crushed using mortar and pestle. This paste is then combined with tomatoes, ginger-garlic paste, coriander, red chillies, salt, and a bit of sugar. Ready to taste ant chutney?

BIDIYA

A sweet delicacy from the state of Chhattisgarh, what sets it apart from other such dishes is its distinguished taste and earthiness. Made from a dough of wheat flour with rice water, these rectangular pieces are deep-fried and then soaked in sugar syrup.



GUSHTABA

An authentic Kashmiri delicacy, Gushtaba is the last meat dish served during the Wazwan feast just before you hop on to the desserts. This dish is prepared by cooking tender mutton meatballs in a flavourful gravy made with yoghurt.

LYODUR TSCHAMAN

This Kashmiri dish is made of paneer in a thick gravy. It's rich and creamy with a good amount of turmeric in it.



ACHAPPAM

Also known as Rose Cookies, this is a traditional snack from Tamil Nadu, usually prepared for Christmas. These cookies are made of rice flour, eggs, coconut milk, sesame seeds, sugar and salt, and are fried to perfection.

BEBINCA

Not many know of this Goan dish. Bebinca is a multi-layered pudding made of flour, sugar, ghee, egg yolk, coconut milk and crushed nuts.



THEKUA

This dessert from Bihar is prepared with wheat flour, ghee, raisins and desiccated coconut deep fried in oil/ghee. They are semi-hard brown-shaped kinds of cookies offered as prasad in the state's popular Chath puja that takes place after Diwali every year.