



# THE TIMES OF INDIA

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TODAY'S EDITION

Did you know used noodles and biscuit packets can be utilised in many interesting ways?

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From friendship to inner beauty, peace of mind to contentment, we tell you how money can't buy happiness

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Zverev denies Djokovic another chance to earn a big title

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STUDENT EDITION

MONDAY, NOVEMBER 22, 2021



Children present charter of demands to MPs for safe reopening of schools



A group of children presented a charter of demands to parliamentarians on Saturday on the occasion of WORLD CHILDREN'S DAY for reopening schools safely and bridging the digital divide. The Parliamentarians' Group for Children (PGC) convened a

With safe reopening of schools across the country after more than a year, the children's charter of demands focuses attention on safe school reopening as well as equitable access to online learning, reducing the size of the syllabus and prioritising vaccination for children.

virtual 'Children's Parliament' in the presence of 35 Members of Parliament. Representing 1,500 children from 16 states, 14 children shared their experiences in learning loss, and the challenges they faced because of prolonged school closure through the pandemic. Children and young people presented a nine-point charter of demands to the parliamentarians, urging them to take actions to support their learning recovery.

According to UNICEF's rapid assessment conducted in six states in 2020 - Assam, Bihar, Madhya Pradesh, Kerala, Gujarat, and Uttar Pradesh - 76% of parents of children in the 5-13 years age group, and 80% of adolescents aged between 14 and 18, reported less learning compared to when they were in school

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## THE LA NINA EFFECT BRACE FOR A SEVERE WINTER THIS YEAR

With chill setting in most parts of the country, experts have warned of a severe winter this year. While climate change has been playing havoc unleashing extreme weather events, the prediction of temperatures likely to fall to as low as three degrees Celsius in northern parts of the country in January and February is due to the La Niña effect, they add.



### WHAT IS LA NIÑA

La Niña is the periodic cooling of parts of the Pacific, affecting weather patterns worldwide. When weather conditions are normal in the Pacific Ocean, the winds guiding the ocean currents, or trade winds, blow west along the equator. This takes the warm water from South America towards Asia. To replace that warm water, cold water rises from the depths of the Ocean.

### HOW IS IT DIFFERENT FROM EL NINO

El Niño and La Niña are two opposing climate patterns that break the normal weather conditions. El Niño weakens the trade winds, pushing the warmer currents back east, toward the west coast of the Americas. This leads to an above-normal ocean temperature

in a large area along the equator. The heat from the ocean goes out into the atmosphere, leading to warmer air temperatures in the Pacific and subsequently, to warmer global air temperatures. La Niña creates an opposite climate pattern. The heat from the ocean 'comes in' into the atmosphere, leading to colder air temperatures in the Pacific and consequently colder global air temperatures.

### HOW LA NINA WILL AFFECT INDIA

1 The latest forecast and weather observations indicate that north India is likely to shiver, with mercury dipping under three degrees Celsius this winter. The weather phenomenon has already led to unexpected heavy rains in October, causing a dip in the normal temperatures in parts of north India

2 The effects have already started showing. The Dhauladhar mountain ranges in the lesser Himalayan chain received heavy snowfall three weeks ago, sending cold winds inwards. Around the same time, there was snowfall in Gulmarg, Sonamarg, Pahalgam, Shopian and Gurez areas of the Kashmir valley. Minamarg and Drass in Ladakh also witnessed snowfall

3 La Niña and a cooler-than-normal and extended winter could also lead to a short, intense summer and heatwaves all across India before the monsoon sets in

4 Moreover, if the winter La Niña event is followed by an El Niño event, the rainfall may go down by up to 15 per cent

El Niño means 'a boy' and La Niña means 'a girl' in Spanish. The two events occur every two to seven years. In normal conditions, El Niño occurs more frequently than La Niña



Previous La Niña events had occurred during the winter of 2020-2021 and 2017-2018, and an El Niño developed in 2018-2019

### 'Dynamite', BTS's 1st English-language track, crosses 1.3 bn YouTube views



'Dynamite', the music video for K-pop superband BTS, has crossed 1.3 billion views on YouTube. The video for the megahit single was released in 2020 and it reached the milestone late on Friday night.

- It became the seven-member group's third music video to hit 1.3 billion YouTube views after 'DNA' and 'Boy with Luv'
- BTS has a library of 35 music videos with more than 100 million views on the global music sharing site
- 'Dynamite' is the group's first English-language song. It made BTS the first Korean act to debut at No 1 on the 'Billboard Hot 100' main singles chart in 2020 and earned the group its first Grammy nomination

### SWACHH BHARAT

### Indore cleanest city of India

Indore was adjudged India's cleanest city for the fifth time in a row in the Central government's annual cleanliness survey, the results of which were announced on Saturday.



- The second and third positions in the 'cleanest city' category of the 'Swachh Survekshan Awards, 2021' were secured by Surat and Vijayawada, respectively.
- Varanasi has been the adjudged the 'cleanest Ganga town' in the survey announced by the Union housing and urban affairs ministry.
- Chhattisgarh has been adjudged India's cleanest state.

### SC JUNKS PLEA SEEKING HYBRID CBSE, ICSE EXAMS

The Supreme Court has said that the ongoing exam process cannot be suddenly made online, which may result in rescheduling the examination, as it junked a plea by a group of students seeking directions to conduct term exams for classes X and XII for the CBSE and ICSE boards via hybrid mode, rather than physical. A bench told the petitioners' counsel: "Don't mess up with the education system. Let the authorities continue their work..." The bench noted that if the court were to interfere at this stage, it may lead to practical difficulties, as the exams have already commenced.

EDUCATION

## WHEN HARRIS MADE HISTORY

US vice president Kamala Harris has made history as the first woman to be the head of state of the most powerful nation - even if it was only for 85 minutes while President Joe Biden was incapacitated temporarily for a medical procedure. The transfer of power to vice president Harris took place on Friday at 10.10 am and reverted to Biden at 11.35 am, when he recovered from anaesthesia after a colonoscopy.

- This was the first time in the 245-year history of the US that woman had held the presidency
- Harris is the first woman to be the nation's vice president, a step away from the presidency. The constitutional right under the 25th amendment allows her to function as president when the head of state is incapacitated
- During the 85 minutes Harris was acting president and the commander-in-chief of the US military, she had control of the world's biggest nuclear arsenal

### BOOK

### Donald Trump's photo-book 'Our Journey Together' set to launch next month



Donald Trump's first post-White House book will be, like so much else about him—a departure from other former presidents. Trump is publishing a hardcover collection of hundreds of photographs from his administration, featuring his own captions, some handwritten. 'Our Journey Together' is scheduled for December 7.

'Our Journey Together' features unforgettable moments from our time in Washington: building the Southern Border Wall; cutting America's taxes; confirming almost 300 federal judges and 3 Supreme Court justices; rebuilding our military; creating Space Force; dealing with Kim Jong-Un, President Xi, President Putin, and many other world leaders, the former president said in a statement

## DOCTOR SPEAK

# STAY SAFE FROM NASAL ALLERGIES

## IN THE TIME OF AIR POLLUTION

The high AQI (Air Quality Index) in north Indian cities and in other places too like Mumbai is bad news for those with allergy issues such as sinus, allergic rhinitis and hay fever (all characterised by runny nose, itchy eyes, continuous sneezing and fatigue). While respiratory ailments like asthma and bronchitis are well-known problems, allergy issues get less press but are temporarily as debilitating and troublesome as it affects daily functioning and quality of life. Check these tips by **Dr Rajeev Nangia, ENT specialist and Sinus endoscopic surgeon, Apollo Spectra Hospital, Delhi**, to help nasal and respiratory allergy affected people sail through bad air and season change days

### MUST DO FOR THOSE PRONE TO ALLERGIES

- Do consult your ENT specialist doctor in the changing season if you are facing more problems than usual. They will prescribe medication for the same that is many times important to deal with the problem. Just sipping warm turmeric water cannot help beyond a point.
- Avoid visiting dusty places and molds in the house. Do clean these irritants regularly.
- Maintain a safe distance from sick people.
- Wash your hands often as viruses can live longer on door-knobs and other surfaces.
- Keep yourself well hydrated in order to keep your throat well lubricated. If you get dehydrated, then the mucus will be too thick, and the irritants will not be cleared. Instead, it tends to get stuck in the sinuses, leading to congestion and possibly infection from bacterial growth.
- Avoid stress, harsh fume-fragrances, incense sticks and heavily perfumed candles.
- Rest enough and aim for eight hours of restful sleep.
- Opt for a humidifier at home. Even going for a hot shower can help you get that much-needed relief from sinus pain.
- Keep the windows closed and avoid dust, pollen and pollution that can aggravate sinus problems.
- Stick to a well-balanced diet, and exercise on a daily basis to boost immunity and keep allergies and infections at bay.
- Steam helps relieve congestion by loosening one's mucus. Take it every day as suggested by the doctor.
- Wash your linen properly and maintain good personal hygiene.
- Change your clothes without fail after coming from outside.



If the sinus infection lasts for more than two weeks with severe headaches and swelling you should immediately approach the doctor for immediate treatment. Do not self-medicate



Avoid going out during peak polluted hours like early morning and evening. And whenever you go out, wear a mask (besides Covid-19 being still around), a mask stops allergens like particulate matter (PM) and other pollutants from entering your nose and mouth



### FOODS TO EAT

There are certain foods that help in treating congestion in the nasal passage and reducing irritation induced by allergies. Try the following to stay healthy

#### HEALING HERBS

Garlic helps remove mucus and clears the sinuses. Ginger can help in killing fungi and bacteria and gives your immune system a much-needed boost.

#### PEPPER IS GOOD

Red and green peppers, whole grains, kale, parsley, and broccoli can help you manage sinus symptoms.

#### GO FOR VITAMINS

Vitamin A is essential to keep your mucous membranes healthy; good sources are carrots, sweet potatoes. Vitamin E, on the other hand, is helpful in preventing allergies and sinusitis. Nuts and seeds like walnuts, sunflower seeds, almonds and raisins are rich in vitamin E.

#### HONEY WORKS

Honey (buy good quality organic honey as commercial varieties are loaded with extra sugar) has antibacterial properties and can be helpful in killing bacteria causing allergies and infections.



#### HAVE PINEAPPLE

This tangy and tasty fruit is dense in antioxidants and protects the mucus membranes from damage and inflammation.



#### INCLUDE CITRUS FOODS

Foods rich in vitamin C like kiwi, spinach, berries and pumpkin are loaded with antioxidants and are helpful in strengthening the immune system.

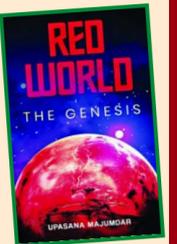


## ADD THIS TO YOUR BOOKSHELF

Here is a quick look at some of the latest releases from the world of books

### RED WORLD: THE GENESIS BY UPASANA MAJUMDAR

Science fiction has long been obsessed with Mars. In the 19th century, the concept of sentient Martians became extremely popular. Giovanni Schiaparelli, an Italian astronomer, noticed channels on Mars, and Percival Lowell, a US astronomer, thought that these were canals made by ancient Martian civilisations in a desperate attempt to live on their drying, dying world. In the 'Red World', Upasana Majumdar sets up an interesting story set against the backdrop of the first Martian civilisation that navigates the deep regions of human emotions. The author imagines an innovative futuristic society featuring advanced artificial intelligence, how what happens when things don't go as planned. A fast paced adventure, this book is great for one of those lazy weekend afternoons.



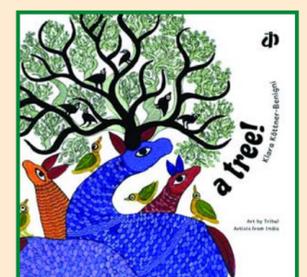
### The Girl Who Talked to Trees by Natasha Farrant (Illustrated by Lydia Corry)



In this tale, Olive, a strange young woman, sets out to save her favourite oak, which is about to be cut down. The result is a magical realist series of interconnected stories in which diverse species reveal their secrets to Olive in order for her to become powerful enough to defend them all.

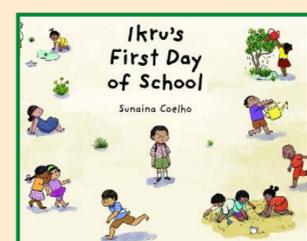
### Every Leaf a Hallelujah by Ben Okri

Set against the backdrop of Africa, a young Mangoshi is on a journey to save her mother's life by harvesting a specific flower. But the forest has been wrecked, and the mission seemed hopeless until she, too, slips into a swoon and meets with a group of talking trees. Diana Ejaita's vibrant paintings reflect Mangoshi's dream as well as the trees' diverse personalities.



### A Tree by Klara Kottner-Benigni

Klara Kottner-Benigni, a late Austrian writer and conservationist, wrote a modest poem about a tree that is lush and teeming with life before being cut down. From Warli and Gond to Madhubani and the uncommon Kurumba tradition, Katha Books has gathered together tribal artists from all over India to interpret Kottner-tree Benigni's in their own unique style, resulting in a book that is rich with visual detail.



### Ikru's First Day of School by Sunaina Coelho

The wordless picture book by Sunaina Coelho is a graphic chronicle of the fresh experiences, fast friendships, and occasionally weird occurrences that await you on your first day of school. Coelho builds her world with effortless nuance and familiarity, constructing it as a sequence of vignettes based on real-life experiences.

## Fun ways to reuse noodles & biscuit packets

Got a couple of well-lined nice packets lying around after you have used the noodles or other food items? Don't throw them. You can use this waste to make interesting things for your home. Here are some easy-to-do ideas

#### A BIRD FEEDER

Fold the pack inwards until it is low enough for birds to reach inside. Keep some seeds or grains in one and some fresh water in the other. Place these in the balcony or window sill.

#### USE AS A POT

Poke a few holes at the bottom for excess water to drain. Fill it with some soil, sow some coriander/basil/methi seeds and start growing your own kitchen herbs.

#### PEN STAND

You can hang the packet in your room and use it to store pens and other stationery material like paint brushes and pencils.

#### A HANDY BAG

Use it to keep knick knacks like hair bands, clips, beads, earrings, etc. You can also keep the packet in your bag to store things neatly so that you don't have to spend much time rummaging through the bag to find them.

#### AIR TIGHT BAG TO STORE FOOD

Clean air tight bags can always be utilised to store dry food items like cookies, granola bars, laddoos, dry fruits, home-made namkeen and so on.

#### SPILL PROOF TRAVEL PACK

Keep bottles of liquids like shampoos, moisturiser, body lotions and fragrances in these packets while travelling to ensure there is no leakage.

#### WASTE BIN

Have a few packets handy in your car and put chocolate, candy, biscuit wrappers or used tissues and even other waste material in it to avoid creating a mess on the seats.

By Priya Prakash, co-founder of a health food brand

