



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION
THURSDAY, DECEMBER 30, 2021



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YEAR IN REVIEW



In 2021, despite various challenges, varying from supply chain uncertainties to logistic issues, the world of tech simply refused to bow down to the difficulties amid the Covid pandemic. From devices that make life easier at home to those that help us stay safe and healthy, the year gave us cutting-edge gadgets until its very end...



LG DISPLAY TRANSPARENT OLED TV

The LG Display Transparent OLED TV, which was introduced at the Consumer Electronics Show (CES) 2021, still remains one of the most innovative gadgets to come out this year. The TV has been designed to roll up from the foot of a bed, offering a space-saving way to view information and surf content. This gadget that is also 40 per cent transparent, was launched as a concept product.

MOJO VISION'S AR CONTACT LENS

Yet another tech that would be considered as one of the most innovative gadgets of 2021 is the Mojo Vision's AR contact lens. It displays information over the user's field of view in a discreet manner. The lens is great for those who give lectures, presentations, etc. and don't want to keep checking down at their notes again and again.



FRAMEWORK LAPTOP

The 13.5-inch Framework Laptop is one of the few products from 2021 that delivers on all counts, addressing one of the biggest drawbacks in modern laptops as part of the right-to-repair movement. Featuring a totally modular design where people can swap parts as they break or become obsolete, this laptop delivers solid performance at competitive prices, without sacrificing aesthetics.



INNOVATIVE GADGETS

THAT BROUGHT A SENSE OF NOVELTY THIS YEAR



AMAZON ASTRO HOUSEHOLD ROBOT

In 2021, along with all the other innovations, we also saw new possibilities for robotic household help like the Amazon Astro household robot, which reminds us of the Disney Pixar character Wall-E. Its periscope camera extends to 42 inches off the floor, letting the user remotely inspect even hard-to-see areas. This might finally be the home robot that succeeds.

RESPIRA SMART AIR-PURIFYING GARDEN

The Respira smart air-purifying garden is a gadget that takes air purifying technology a notch higher. It helps in cleaning your home's air through biofiltration and adds humidity and evaporative cooling. Additionally, the self-watering garden also adds aesthetic beauty to your interiors.



WHO warns of 'very high' Omicron risk as Covid surges worldwide

Omicron still poses "very high" risk and could overwhelm healthcare systems, the WHO warned on Wednesday, as the highly-transmissible coronavirus variant fuelled record outbreaks in many countries. Case numbers have shot up 11 per cent globally in the last week, forcing governments from China to Germany and France to find a difficult balance between anti-virus restrictions and the need to keep economies and societies open. The WHO said, early data from



Britain, South Africa, and Denmark, which currently has the world's highest rate of infection per person, suggested there was a reduced risk of hospitalisation for Omicron compared with Delta. But it added that further data was needed to understand Omicron's severity.

'New Normal' most-used phrase in 2021, reveals Google

While the phrase 'now more than ever' was the one mostly-searched and used in 2020, it was the turn of 'new normal' amid the Covid-19 pandemic that was used as the most in 2021, according to Google. Google's 'Ngrams' tool (launched in 2009 by part of the Google Books team) has revealed how words and phrases have fallen and risen in popularity over time. Ngrams shows how books and other pieces of literature have used certain words or phrases over time, and we can chart their popularity throughout the years.



SHAMI BECOMES 5TH INDIAN FAST BOWLER TO CLAIM 200 TEST WICKETS

Mohammed Shami achieved the milestone of 200 Test wickets after removing Kagiso Rabada on Day 3 of the first Test against South Africa at the SuperSport Park in Centurion on Tuesday. The 31-year-old pacer is third-fastest among Indian pacers to reach the landmark, achieving it in his 55th Test match.

Shiba Inu was the most-viewed cryptocurrency in 2021

Bitcoin might be the most popular and sought after cryptocurrency in the world but it's Shiba Inu that ruled the past 12 months. According to cryptocurrency price-tracking website CoinMarketCap, Shiba Inu, a spin-off of an existing meme coin, Dogecoin, which had its own share of fame in 2021, is the most-viewed cryptocurrency.



- 1 According to CoinMarketCap, Shiba Inu recorded more than 188 million views during the last 12 months. In fact, Elon Musk has been very vocal about meme coins in the past year, including Shiba Inu. He literally adopted a Shiba Inu dog and his tweets also led to immediate surges in the price of Shiba Inu token
- 2 On October 18, Musk tweeted a picture of Shiba Inu meme going to the moon. At that time, the token was trading at \$0.000026 (₹ 0.0020). His tweet pushed the coin to nearly 50 per cent to reach a high of \$0.000044 (₹ 0.0033), according to CoinMarket cap
- 3 The crypto has become particularly popular among the young investors because of its exponential rise. A recent report by crypto exchange platform WazirX revealed that male investors in India preferred Shiba Inu over any other cryptocurrency while women trusted Bitcoin with their money

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NEW YEAR, NEW DAWN
Welcome 2022 with a dollop of hope

WHAT TO EXPECT

- STUDENTS AND TEACHERS SHARE WHAT THEY ARE HOPEFUL FOR
- LESSONS OF 2021 FOR '22
- CALENDAR OF EVENTS
- MOST-ANTICIPATED MOVIES
- BOOKS BUZZ FOR 2022
- MUSIC NEWS
- THE BIG TRENDS IN HEALTH, LIFESTYLE, TRAVEL, ENVIRONMENT AND MORE
- TRIVIA

Happy New Year 2022

Don't miss the 'Exciting Festive Edition' on this special occasion

MARK YOUR DATE **JANUARY 1, 2022**

COLLECTOR'S EDITION

Why you must think twice before shaming your kids

CHILD CARE

It is often said that children's minds are like wet cement, anything that falls on them leaves an impression. The way a child sees the world is very different from that of adults and children are much more sensitive to little changes and things as compared to adults. It is, therefore, imperative for us to remember that taking care of the way in which we behave with them in their formative years will shape their persona and can have much more far-reaching consequences than we can imagine. Shaming is one of them and sometimes in an at-

tempt to discipline the young one may involve shaming it.

Shaming a child is one of the worst things that you can do to it and this leaves a lasting impression on the mind of the child. It can include telling embarrassing stories from the past in order to correct the child's behaviour, making it feel bad intentionally or making private conversations public. These instances are classic examples of shaming and can have adverse effects on the child's mental makeup and behaviour. Here are five reasons why you should think twice before shaming your child.

SELF ESTEEM

Shaming a child in public can lead to the development of feelings of inferiority, embarrassment and ultimately lowers your child's self-esteem. This is so because shaming leads to pointing out things that you do not admire about your child and that will change the idea that they have of themselves - all for the worse.

EMOTIONAL HEALTH

If you don't accept the behaviour of your child and want him/her to behave differently, shaming would not be the most constructive solution to deal with it. Shaming would only bring out the irritable, frustrated and sad side of the child which will mess with their confidence and emotional health.



TRUST ISSUES

A relationship is built largely on trust and to ensure that the relationship works well, the trust should be maintained. Only if trust is intact, will the child feel secure towards you and shaming it in public will only lead to destruction of the trust that exists between you as the child will start losing trust in you. As a result, the child may even start hiding things from you.

BULLYING

Children are mostly known for copying things for they learn from what they see. When your child sees you behave in a certain way with somebody, it might take up that before subconsciously and then manifest it in the future. This can lead to the development of bullying tendencies in your child.

STUBBORNNESS

Shaming a child might make them feel like their behaviour is beyond repair and can lead to the development of feelings of stubbornness in your child. This has long-term adverse effects.



WHY BAD IS SEEN AS GOOD TO A TEEN

In a parents' vocabulary, if 'good' is seen as a compliant child conforming to parental and societal expectations, then 'bad' is seen as a rebellious child. When your child hits their 'tween' or 'teen' years, and slamming doors or sulking at tables increases, good vs bad feels more exaggerated, and they seem to only listen to their friends.

Why do teens want to spend more time with friends? As teenhood sets in, adolescents spend increasingly more unsupervised time with friends who share similar behaviour and attitudes. In their quest for autonomy, relationships with their peers critically contribute to answering their question 'Who am I?' which is the main task in their identity formation at this stage.

Why are peer relationships crucial? Individual teens define themselves by the crowd they see themselves belonging or aspiring to belong to. A teen's life is about excitement, discovery and risk taking simply because there is fast-paced development happening in a teenage brain especially in the limbic area of the brain that affects emotions. All emotions seem exaggerated. So a significant peer ignoring them would be read as 'hate'; not getting invited to a party would be read as 'not cool'. Attachment to peers is seen more as a survival need at this stage.

When does peer influence turn to pressure? Peer influence shows up when Ruhi, a compliant 'good girl' to her parents in 'The Midnight Years', wears a short black dress for a party where all her classmates are, both activities taboo in her conservative family. Or when a teen who gets made fun

The Pull of Peer Relationships

of for being 'boring' goes into a binge drinking session in an attempt to be seen as 'cool'.

Along with the natural fast-paced neurological changes that are happening, the need for instant gratification is high and reasoning is low. The need to fit in and fear of missing out blur the lines between good and bad. How can parents support? Parents need to be available unconditionally. Firstly, accept that your teen will be influenced. Help children recognise that influence will happen from various channels. Ask them open-ended questions. Help them think through consequences. Help them develop strategies like saying No and draw boundaries to avoid susceptibility. Having open conversations while keeping judgment out is an important step in helping your teen make decisions.



Jane De Suza and Sangita Unni are co-authors of 'The Midnight Years', published by Hachette India

WELLNESS

Keep your skin happy in winter



Cold weather is tough on skin thanks to dry cold air that leads to dehydrated skin and rough zones. Here are some tips to retain skin's health and glow

THE OIL ROUTE

Oil massage or liberal application of moisturiser soon after bath is the best gift to the skin in cold and dry months. At home, try pastes of turmeric, besan and fresh cream. Apply moisturisers that have a long stay life and are enriched with products like squalene, hyaluronic acid, essential fatty acids, etc. During the day, sunscreen with inbuilt moisturizers of SPF more than 25 is a must.

TAKE CARE OF HANDS AND FEET

Again, there are certain parts of the body like hands and feet that require special care during the winter months. Feet tend to crack and they are the most neglected areas, constantly exposed to dirt and dryness. Apply thick petroleum-based cream on these zones and wear soft cotton socks.

KEEP YOUR SCALP SAFE

Your scalp, too, needs special mention as many of us suffer from dandruff that can have a long term effect on hair fall. Use ketoconazole containing shampoo once a week.

HAVE A BALANCED DIET

Application of various products only on the outer surface is not enough. What one needs is a healthy diet and a peaceful mind. The meals should have an ample amount of juicy fruits and vegetables along with at least 12 to 14 glasses of water a day. Intake of liquids help your skin to retain the essential oils automatically and acts as a natural protection against dryness.

Create parent-child bond through play



Essential for their social, emotional, creative and cognitive well-being, play helps teach children self-regulation, boundary-setting and decision-making.

Get on their level:

Establish a separate 'special play time' with your kids. This time is special because the parent is engaging with the child in a very different way than other interactions throughout the day.

Allow the child to lead:

Let your child direct the play.



POSITIVE PARENTING

If asked what to play, try responding with, "You get to decide what we play today."

Play that is child-led does not mean children can hurt themselves or others. Be sure to validate the feeling the child is exhibiting and provide another option for that behaviour.

Be consistent: Children thrive on stability and consistency. Try to implement the 'special play time' each week. AP

RECIPES

Apple Cinnamon Shake

Craving for a creamy, thick shake? Try this recipe by following these easy steps

INGREDIENTS

- ◆ 2 apples chopped into cubes
- ◆ 1/2 cinnamon
- ◆ 1/2 ice cubes
- ◆ 1 1/2 sugar
- ◆ 2 1/2 cold milk
- ◆ 1 vanilla ice cream

HOW TO MAKE

STEP 1: Wash and chop apples

To begin, wash, peel and chop apples into cubes.

STEP 2: Blend the apples and milk
Next, take a blender and add in chopped apples, cold milk and sugar. Blend all of them together.

STEP 3: Serve chilled
To the blend, add in the vanilla ice cream, ice cubes and cinnamon, blend it into a thick creamy shake. Serve chilled and sprinkle some cinnamon and enjoy.



TIPS

- ◆ To make the shake healthy, you can skip adding ice cream and sugar.
- ◆ You can add honey or pitted dates in place of sugar and enjoy a healthy creamy shake.

CUCUMBER Pepper Sandwich

This no-cook recipe is super easy to make for everyone, including kids. Sandwiches are ideal for small get-togethers, birthday parties and for quick bites on a busy day. You can cut the sandwich in innovative shapes to add that extra zing to your recipe

INGREDIENTS

- ◆ 1 cucumber
- ◆ 4 slices of brown bread
- ◆ 1 teaspoon powdered black pepper
- ◆ 3 teaspoon butter
- ◆ 1 piece green chilli
- ◆ Salt to taste

HOW TO MAKE

STEP 1: Butter the bread slices
Take the bread slices and butter them on both the sides. Remove the edges before you butter up the bread.

STEP 2: Slice the cucumber
Finely slice the cucumber and place them on half of the bread slices. Now sprinkle salt and pepper.

STEP 3: Make a sandwich
Add finely chopped green chillies for those who like their sandwich to be spicy. Cover with another bread slice. Your tasty sandwich is ready.

STEP 4: Slice and serve
Slice the sandwich into 2 or 4 pieces. Serve with ketchup or a chutney of your choice.

TIPS

- ◆ You can add a slice of cheese in your sandwich.
- ◆ You can also add some finely chopped mint or coriander leaves.

