

# THE TIMES OF INDIA

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8 March International Women's Day

**TODAY'S EDITION**

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**STUDENT EDITION** MONDAY, MARCH 8, 2021

**WEB EDITION**

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**THE MOON-WALKER**

Susmita is the only space entrepreneur in the world to have started companies on three different continents. Her start-up Earth2Orbit focused on facilitating American and Japanese launches on the PSLV (Polar Satellite Launch Vehicle) rocket from 2008-2016, and since 2017, has been supporting global climate action by using earth observation data analytics to make cities and agriculture climate-smart

# MASTERS OF Destiny!



## IRA SINGHAL, IAS

**H**er world may be a bit complicated but Ira Singhal, who topped the UPSC exams in 2015, knows how to make things simple. She suffers from scoliosis (an abnormal lateral curvature of the spine), with 62 per cent locomotor disability—her height has been compromised and she is not able to fully twist her arms—but that didn't deter her to chase her dreams. She fought against all odds with a smile. Talking of the challenges, Ira says, "getting people to accept me as an equal – to treat me as part of the system, not someone, who needs to be pitied", was the biggest challenge. But she asserts, "if you act that there's nothing different about you, people will eventually believe and respond to you like that." I've always believed that I am equal to everybody". A true#Shero



**THE FIGHTER**

I had to fight for my rights. It's very convenient for the world to treat you as someone lesser. I had to prove multiple times that I'm equal, in fact, I had to perform outstandingly, just to be treated equally

IRA SINGHAL, on how she carved her own destiny

"The woman who follows the crowd will usually go no further than the crowd. The woman who walks alone is likely to find herself in places no one has ever been before." This quote by Albert Einstein holds true for these young women, who defied all odds to shape their own fortune in this male-dominated society. We salute them on this International Women's Day...

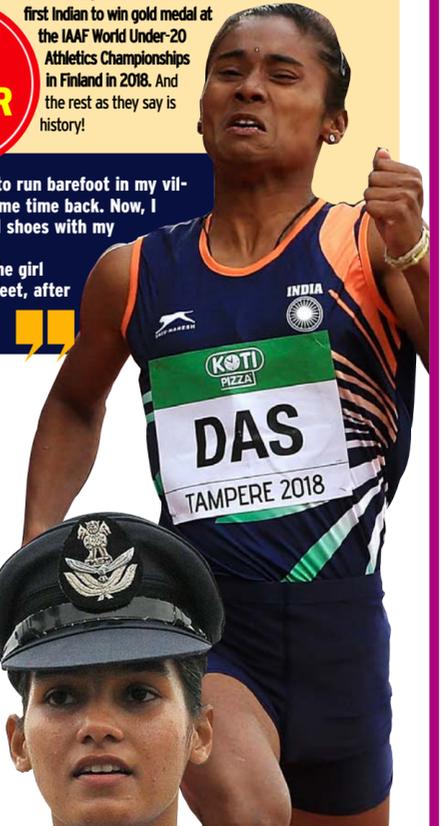
## SUSMITA MOHANTY, SPACESHIP DESIGNER

**K**nown for revolutionising the influence of women in the space industry with her own Earth2Orbit, India's first private space start-up, Susmita is the epitome of success for millions of women across the globe. The Odisha-born entrepreneur, who has already found a place in BBC's 100 most-influential women, broke all the myths surrounding business and women, especially in the field of science, to become a successful entrepreneur.



## HIMA DAS, ATHLETE

**F**rom humble beginnings at her father's rice fields to the sprint tracks of Tampere in Finland, and then the podium of the 2018 Asian Games, Hima's story will make Bollywood script writers run for their money. Born into a family of rice farmers in Kandhulimari village in Assam, Hima fought against all odds and earned success, after years of sweat and hard work. The family's financial constraints, lack of training, and equipment didn't hamper her to pursue her passion, as she practised for hours in the paddy fields till Nipon Das, a coach with the Directorate of Sports and Youth Welfare, spotted her talent and took her under his wing in 2017. Her hard work bore fruit, when she became the first Indian to win gold medal at the IAAF World Under-20 Athletics Championships in Finland in 2018. And the rest as they say is history!



**THE DEFIER**

I used to run barefoot in my village some time back. Now, I have branded shoes with my name on it

HIMA DAS, the girl with golden feet, after Adidas endorsed her

## GITA GOPINATH, ECONOMIST

**T**he story of Gita Gopinath, chief economist of the International Monetary Fund (IMF) is a journey of a middle-class Mysuru girl, who became a world-class economist through her hard work, focus and grit, breeding intellectual leadership. Daughter of a farmer-entrepreneur, Gita's first choice was not economics. In one of the interviews, she said, "I cannot say that I always wanted to be an economist. As with most students in India, who have to decide at the age of 18 what area to specialise in, I chose economics by chance. I was a science student till class XII and then my parents figured that I should join the IAS for which economics was a good subject. So, that is really how I came to it." Well, she may not have chosen it but she mastered it, and is now, one of the leading scholars in exchange rates, with a strong grasp on world economies.



**THE GAME CHANGER**

Recognised as a Young Global Leader by the World Economic Forum in 2011, and in 2014, listed among the top 25 economists under 45 by the International Monetary Fund, Gita, in the words of Christine Lagarde, MD, IMF, is "phenomenal, not just in her leadership of the IMF but as a role model for women around the world"



## AISHWARYA SRIDHAR, WILDLIFE PHOTOGRAPHER

**T**he first and the youngest Indian woman to win the Wildlife Photographer of the Year award in 2020, Aishwarya epitomises patience, grit and determination, required to survive in this tough world. A passionate photographer, Aishwarya showed these qualities, when she captured thousands of sparkly-yellow orbs dancing around a tree under a star-studded night sky in the dense forests of Bhandardara in Maharashtra in 2019, through her lens that won her the award. But mind you, it wasn't easy for 23-year-old Aishwarya, as she had to make way through the thorny bushes and venomous snakes to spot her muse- the fireflies. Alone in the dense forests in pitch dark, she overpowered her fears to chase her dream. That's Aishwarya Sridhar – a woman, who challenges herself to be the BEST!

**THE PERFECTIONIST**

Be patient when you are on the field. Keep working hard. Success will definitely be yours. Try to be creative and keep your image different from the rest

AISHWARYA SRIDHAR, on how to be the best in the field

## AVANI CHATURVEDI, AIRFORCE PILOT

**S**cripting history, flying officer Avani Chaturvedi recently became the first Indian woman to fly a fighter aircraft, a MIG-21 fighter jet in Jamnagar, Gujarat. A small-town girl from Rewa in Madhya Pradesh, Avani dared to dream BIG in a man's world, and succeeded through persistence, perseverance and fighting spirit. One of the three in the first batch of female pilots, along with Bhawana Kanth and Mohana Singh, who were inducted in the Indian Air Force fighter squadron on June 18, 2016, Avani has shown the world that if given equal opportunities, women can break every barrier. Sky is the limit for them!



**THE SKY WARRIOR**

Spread your wings and fly high

AVANI CHATURVEDI's signature statement

# Here's how to shed the 'LOCKDOWN KILOS'

The coronavirus virus lockdown took a toll on our mental as well as physical well-being. The quarantine period was a tough one for people. There is a steep rise in the number of people who have gained a lot of weight during the pandemic, owing to many challenges and disruption in their regular routine. Long work from home hours contributed to a sedentary lifestyle where people were required to sit for hours without any movement. Moreover, less sleep, stress, unhealthy diet and overeating also contributed to weight gain. The quarantine period also led to change in mental state of people that contributed to emotional eating and people struggled to stick to their fitness routine.

So, a sedentary lifestyle, lack of physical activity coupled with faulty eating habits and stress are the culprits behind weight gain. To get your weight and health on track again, here are some easy-to-do tips from health and wellness experts.

**These weight loss strategies will help you get back on track. Suggested by Sukhvinder Singh Saggi, Bariatric surgeon, Apollo Spectra Delhi, here are some vital tips to battle the bulge, stay fit, and lead a healthy life:**



## EAT IN MODERATION

Make sure you reduce consumption of high calorie fried foods and sweets. Your kitchen is the best weight loss centre; exercise portion control and eat healthy.



## WALK AROUND AT HOME

If you are working from home and are required to talk on the phone then just try to walk around your house while doing so. Try to set a walking target every day and see to it that you complete it. Set smaller goals. It is the need of the hour to exercise at home. You can also try other fitness activities such as aerobics, weight training, or zumba at home to keep your weight in check.

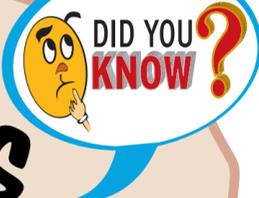


## JOURNALING



This is always a good idea. You will have to write down whatever you eat, how much oil you use, or what you have in your snack time. It's understood that your eating habits must have gone for a toss, so it is essential for you to avoid emotional eating. Plan what you will have for breakfast, lunch, and dinner. If you get any midnight cravings, then try to indulge in healthy options like yoghurt, crackers, makhana, and try to drink a lot of water. Try to limit junk, spicy, oily, and processed foods. Set proper meal timings. Do not eat your dinner late and then sleep immediately. Portion control is equally important. Eat a lot of fruits and vegetables too to stay hale and hearty.

## ADD SOME ADAPTOGENS TO YOUR FOOD



If life in the pandemic is stressing you out, there's more you can do to heal yourself than just pop pills. Across the world, adaptogens are becoming popular to help people combat the negative effect of stress. Here's all you need to know about these miracle herbs.

### What are adaptogens?

These are natural substances mostly derived from plants and are therapeutic in nature. There is a wide range of adaptogens found across the world – ginseng, rhodiola roots and even age-old Indian remedies like ashwagandha, turmeric and tulsi.

### How are they good for you?

Most adaptogens work as natural remedies, reducing stress and fatigue, boosting energy and attention and keeping the body youthful. At the same time,



since many of these products are not checked for purity, it is always advisable to consult your doctor before starting to consume them.

### How do you use adaptogens?

There is no specific rulebook for this. A lot of these substances can be added to the stuff you drink – from tea and coffee to smoothies and lassi. For example, adding ashwagandha powder to your morning cuppa will give you the perfect boost for the day ahead. Other adaptogens like mushrooms can be eaten in the food you cook.



TIMES LIFE

## Desi drinks for building immunity in spring

Dr Archana Batra, dietitian and physiotherapist shares a few recipes for you to stay healthy in spring – as the transition from winter to slightly warm weather may affect health and challenge our immune system. Here are some immunity-building recipes for you to try at home.

### STAY HEALTHY

#### KASHMIRI KAHWA



This drink is full of spices and flavours. The aroma of spices refreshes you and soothes you. This drink builds immunity, helps in digestion, and improves skin as well.

**INGREDIENTS:** 2 tsp Kashmiri tea leaves, 3-4 pcs green cardamom, 3 tsp sugar, few dried rose petals, 1pc cinnamon stick, 2 tsp crushed almonds

**METHOD:** To prepare kahwa, first boil 2 cups of water in a pan. Then add

crushed cardamom and cinnamon to water and boil water on a medium flame for 3 minutes until the flavours get infused and the colour of water changes in water. Now add sugar into it with a few dried rose petals, again boil it for next 1-2 minutes. Add crushed tea leaves into the water and stir for 1 to 2 more minutes. Add crushed almonds to serving cups and strain Kashmiri kahwa in the cup. Serve fresh with some crunchy and healthy snacks.

#### DATE AND ALMOND MILK

Dates are a healthy alternative to sugar and comes with many health benefits. Almonds are a good source of Omega 3 and vitamin E. This drink is easy to make and a healthy choice for all seasons.

**Ingredients:** 1cup milk, cinnamon

stick, 6-7 soaked almonds, 1 date, 4 black peppercorn, pinch of turmeric.

**Method:** Blend all the ingredients except turmeric (remove the seed from date) and make a thick paste. Now put milk in the pan and add turmeric and boil it. When the milk is boiled, add the paste to it and keep it stirring on medium flame to avoid sticking on bottom. Put off the flame when the drink is a little thick. Now pour it into a glass and serve with garnished almonds as a healthy evening snack.



## How to control your chocolate consumption

If you are a chocolate addict and can't resist eating lots of chocolate here are some tips to help

Go for 70% plus dark chocolate and try not to eat white and milk chocolates as these have little or no cocoa in them and loads of sugar.

Make your hot chocolate from scratch with unsweetened cocoa, water or non-fat milk, then add in your sugar or sweetener. That way you will be able to see how much sugar you consume.

Alternatively try low-calorie drinking chocolate.

Keep tabs on how much chocolate you eat.

Chocolate is high in calories, therefore, a couple of squares a day should be your daily 'dose'.

1

2

3

4



### QUIZ TIME (NOVELS)

Yashas M Sallian, class X, St Mary's Public School, T Dasarahalli, Bengaluru

**Q.1) Who wrote 'Absalom, Absalom!', a famous American Civil War-based novel?**

A. William Faulkner  
B. Franz Kafka  
C. James Joyce  
D. Marcel Proust

**Q.2) Which widely celebrated novel is Bram Stoker the author of?**

A. Frankenstein  
B. The Canterville Ghost

C. Help for the Haunted  
D. Dracula  
**Q.3) Which of these novels was written by a qualified architect?**  
A. Time to Die  
B. Odd Number  
C. The God of Small Things  
D. The Tower

### ANSWERS

1. A) William Faulkner  
2. D) Dracula  
3. C) The God of Small Things