



THE TIMES OF INDIA

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STUDENT EDITION

THURSDAY, APRIL 1, 2021



WEB EDITION

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FACTOID

\$1.7 TRILLION



The projected economic damage from climate change per year by 2025, according to a research by New York University's Institute for Policy Integrity. It may increase to about \$30 trillion annually by 2075, if the current warming trend continues, the research warns.

- According to economists, the most-severe impacts will be felt in the developing countries due to factors, such as higher dependence on agriculture and vulnerability to extreme heat
- The costs would be felt worldwide due to spillover effects, such as the disruption of trade routes and supply chains, and refugee crises caused by climate impacts
- More important, climate change would increase inequality within countries, widening the gap between the poorest and the richest



Life-sized £24,000 bronze statue of Greta Thunberg unveiled at Winchester University

A life-size statue of environmental activist Greta Thunberg has been unveiled at the Winchester University, despite being branded a 'vanity project' by the critics. It is believed to be the first life-sized depiction of the Swedish activist since she gained international attention by starting a school climate strike in 2018. The sculpture, titled 'Make a Difference', is created by artist Christine Charlesworth. The University of Winchester, which aims to be carbon neutral by 2025, declared a climate and ecological emergency in 2019, and has eliminated all unnecessary single-use plastic across its campus.

Heart of Asia-Istanbul Process

WHAT: Battling for a "genuine 'double peace'" in Afghanistan, external affairs minister S Jaishankar, who's currently in Dushanbe, Tajikistan, attending the Heart of Asia-Istanbul Process (HOA-IP) said, India would support any move that led to "a comprehensive and permanent ceasefire" in the war-torn country.

THE NAME: It was launched as a regional initiative in 2011 "to promote regional security, economic and political cooperation centered on Afghanistan through dialogue and confidence building measures". Since the first conference, which was jointly inaugurated by the Presidents of Afghanistan and Turkey, was held in Istanbul, it came to be known as the Istanbul Process.

INDIA'S ROLE

India is one of the 15 countries that participate in the HOA-IP, and is also the Co-Lead Trade, Commerce & Investment Opportunities Confidence Building measures (CBM). CBMs are one of the three-stated focus areas of the HOA-IP - the other two being political consultation and cooperation with regional organisations



Quote unquote

Both the Indian vaccines, Covaxin and Covishield, against Covid-19, are safe and effective. Even if someone contracts the infection after inoculation, it minimises the chances of their hospitalisation. I urge my fellow citizens not to believe on the information that is being circulated in the WhatsApp university. Besides, I appeal to all that even after taking the second dose, follow Covid-appropriate behaviour for at least two weeks

Dr Harsh Vardhan, Union health minister

FB steps up efforts to curb hate speech in India

Facebook is taking several measures, including reducing distribution of content deemed to be hate speech, as part of its efforts to curb spread of misinformation during elections in four Indian states.

- Facebook will also temporarily reduce the distribution of content from accounts that have recently and repeatedly violated the company's policies, the social media giant said in a blogpost on Tuesday.
- Facebook pointed out that under its existing Community Standards, it removes certain slurs that it determines to be hate speech.



Prioritising period education will ensure more girls stay in school: Bhumi Pednekar

Prioritising period education and protection is the key to ensure that more and more girls continue to stay in school, says actress Bhumi Pednekar. The actress has been actively participating in the nationwide movement #KeepGirlsInSchool campaign by Whisper, in collaboration with the UNESCO. The campaign aims to help keep 90 lakh girls in school, and was mobilised to raise awareness and impact young girls.

“Having closely worked with Whisper and UNESCO for their #KeepGirlsInSchool movement, I have personally seen how confident young girls are, once they understand periods and how to manage them”

Celeb talk



BTS star Jungkook's solo hit 'Euphoria' sells over 500k units in US



South Korean boy band BTS member Jeon Jungkook's single 'Euphoria', which released in 2018, has sold over 500,000 units in the US, making it the first solo song by a Korean musician to do so. Not surprisingly, the band's fanbase, also known as the Army, is celebrating the achievement, and multiple hashtags, including GoldenEuphoria500K and congratulations Jungkook have been trending on Twitter since the news came out.

- With this record, it is now the first BTS solo song to be eligible for RIAA Gold Certification in the US
- In the United States, the Recording Industry Association of America (RIAA) awards certification is based on the number of albums and singles sold through retail and other ancillary markets



PAIN INTO BEAUTY

Argentine sculptor TURNS PANDEMIC WASTE INTO ART!

Marcelo Toledo, who has made jewellery for the musical 'Evita' on Broadway and unique pieces for Barack Obama and Madonna, and known for creating sculptures and jewellery out of metal, is now working with a new material: waste masks and syringes from the Covid-19 pandemic to create an exhibition exploring the painful impact of the virus. For his new exhibition, the 'Museum of the After', Toledo is collecting recycled coronavirus waste sent by hospitals, laboratories and random people. It includes old vaccines and medical parts, and newspaper clippings about the pandemic.

■ The artworks, which will go on show from Sept in a public space in Buenos Aires, will be made from the disposable materials or garbage that people send the artist, many of them sealed inside the vacuum-packed bags. In the exhibition, there will be a real ship that symbolically crosses a "storm" and recycling islands to raise awareness about the importance of caring for the environment



April Fools' Day, celebrated on April 1 each year, has been celebrated for several centuries by different cultures, though its exact origins remain a mystery...

THIS DAY April 1



- 1 Some historians speculate that the April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April 1
- 2 People, who were slow to get the news or failed to recognise that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1, became the butt of jokes and hoaxes and were called "April fools." The pranks included having paper fish placed on their backs and being referred to as "poisson d'avril"

- (April fish), said to symbolise a young, easily-caught fish and a gullible person
- 3 Historians have also linked April Fools' Day to festivals such as Hilaria (Latin for joyful), which was celebrated in ancient Rome at the end of March by followers of the cult of Cybele. It involved people dressing up in disguises and mocking fellow citizens and even magistrates, and was said to be inspired by the Egyptian legend of Isis, Osiris and Seth
 - 4 In modern times, people have gone to great lengths to create elaborate April Fools' Day hoaxes. Newspapers, radio and TV stations and websites have participated in the April 1 tradition of reporting outrageous fictional claims that have fooled their audiences

5 ways to promote body positivity in your kids

Her body is BEAUTIFUL—
strong, kind and wise.

The fight against body image issues has been going on for a long time now. While many have broken the shackles of stereotypical beauty standards, there are some who are still struggling to eradicate the same and are victims of heightened anxiety and even depression. While much of the social conditioning begins at home and with toddlers, it is of utmost importance that we start educating our kids about positive body awareness and confidence at an early age—may be even before they start going to school. That said, here are five ways you can promote body positivity in your kids.



1. Start early

One of the most important things to remember is to start early. Most parents believe that their kids are too young to understand the intricacies of body image. But truth be told, young children and preschoolers are innocent souls who are easily influenced by the things they see around them.

2. Educate them about their body

So, instead of waiting for the right moment, expose them to ideas and surroundings that are diverse and teach them how all bodies are beautiful and that health is the most important before everything else.

If you're wondering where to start from, then begin by teaching them about their body. Name the different parts of their bodies for them and help them identify each one of them—hands, legs, toes, eyes, ears and so on. As they are a little older, you can also name the body parts and ask them to locate it for you. Besides you can also tell them the functions of each body part and how each of them help them perform different activities. This way they start appreciating their bodies.

3. Prioritise health over weight

When it comes to body positivity, health should be the

primary concern for everyone rather than one's weight. That said, children should not be scoffed at about their weight, instead they should be encouraged to maintain a fit body that includes a healthy diet and some physical activity. As we start judging kids on the basis of their weight, they grow up prioritising looking lean and slim rather than focusing on growing healthier.

4. Teach them to respect all shapes and sizes

The most important lesson you can teach your kid is to respect all shapes and sizes. Body positivity is all about self-love and confidence, which is only possible if we learn to acknowledge different bodies and appearances. From a young age,

children should be exposed to a friendly environment, where no one is judged for how they look. To facilitate that, clear their misconceptions about the unrealistic beauty standards celebrated in the society. Do not tell them otherwise, but help them see how everyone is wonderful in their own ways.

5. Be a positive role model

As a parent, what you can do is be a good role model. Until and unless, you believe in yourself and are positive about how you look, your child will fail to appreciate the same. Therefore, be confident and also display it in your actions and words in front of your kids. TNN



DISABILITY ALERT

Dyscalculia:

How to know if your child suffers from it?

Dyscalculia is a learning disability that impairs an individual's ability to understand and process numerical information in a typical way. Common symptoms of dyscalculia include difficulty in calculation, fact, number sense and mathematical reasoning. It also includes difficulty in linking numbers and symbols to amounts and directions, making sense of money or telling time



SYMPTOMS OF DYSCALCULIA?

The problem with maths can vary depending on what is causing it and what is the age of your child. Here are some symptoms to look out for at different levels of schooling to identify if your child has dyscalculia.

Pre-school

- ▶ May find it hard to learn to count by 10s, up to 100.
- ▶ Can have trouble counting each object in a group.
- ▶ Difficulty in understanding that a number can be used to describe any group with the same amount. For example, not knowing that 5 can be used for a group of 5 fingers, 5 bananas, 5 dogs, etc.
- ▶ Difficulty in writing and recognising numbers up to 20.
- ▶ Skipping numbers in counting.
- ▶ Inability to recognise patterns and sort items by size, shape or colour.

Primary school

- ▶ Difficulty in counting 2s, 5s and 10s.
- ▶ Unable to do basic mathematical calculations mentally.
- ▶ Difficulty in recognising basic mathematical signs such as plus and minus.
- ▶ Difficulty in understanding the concept of more than or less.
- ▶ Struggles in remembering basic maths facts like $10+10=20$.
- ▶ Does not make the connection between related math fact or fact families like $5+5=10$, so $10-5=5$.
- ▶ Has trouble recognising numerals.
- ▶ Does not understand left and right.
- ▶ Avoids playing games that involve strategies like checkers or sudoku.

High school

- ▶ Struggles in using math in real life, for example doubling the recipe for making it for more people.
- ▶ Trouble in understanding maps and charts.
- ▶ Hesitant in doing activities that require a good sense of speed and distance like running or learning to drive.



HOW TO DIAGNOSE DYSCALCULIA

Begin by talking with your child's teacher. She will tell you how good (or not) your child is doing in maths. Every child with dyscalculia has different strengths and weaknesses, a competent professional will recognise this. Common tests for dyscalculia include:

- Counting numbers.
- One of the best tests you can do is ask your child to count backwards.
- Drawing shapes.
- Visual-spatial skills play a huge role in math. Copying or drawing shapes from memory is a good way to measure a child's challenges in this area.

TALK TO YOUR CHILD'S TEACHER

Your child's teacher can be the best person to share what she has observed in the class. You can discuss with the teacher the number of skills your child should learn by the end of school. This can tell you what your child needs help with and how far behind he is.

CONSULT A SPECIALIST

Educational psychologists are trained to give specific tests that look at how children learn and think. The test can help pinpoint exactly what your child needs help with. TNN

HEALTH BYTES

Up your fibre content with these food groups

From reducing cholesterol to promoting healthy weight and controlling blood pressure, fibre has multiple health benefits. There are many vegetables, fruits, legumes that are a great source of fibre—check the list and make sure you include these in your daily diet

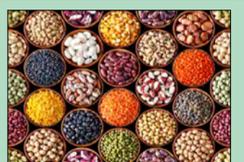


Leafy greens and colourful veggies

Vegetables that are rich in dietary fibre include spinach, carrots, lettuce, beets, mushrooms, pumpkin, turnips, asparagus, etc. Broccoli, sweet potatoes, artichokes and squashes also have a high amount of dietary fibre.

Legumes and nuts

Legumes including black beans, kidney beans, lentils, chickpeas, lima beans, and split peas are said to be rich in fibre. Nuts high in fibre include pistachios, pecans, almonds, and sunflower seeds. Nuts are a great alternative to unhealthy snacks, so pop some nuts now and then, when you want to snack on some.



Juicy fruits

Fruits like apples, pears, peaches, prunes, bananas, berries, oranges, avocados and figs are rich in fibre. You can consume these fruits in multiple ways, from smoothies to juices and salad.

Healthy grains

Brown rice, popcorn, bran muffins, oatmeal, whole-grain bread, whole-wheat pasta, cereals like shredded wheat, puffed wheat, grape nuts, bran, etc. are loaded with fibre. Use these grains to create delicious dishes on a daily basis. TNN



QUIZ TIME (HISTORY)

Q.1) The first ruler of the Pala dynasty was...

- A. Gopala
B. Dharmapala
C. Bhaskaravarman
D. None of the above

Q.2) The first to establish regular trade with India were the...

- A. Dutch
B. Portuguese
C. French
D. English

Q.3) The Indian Navy Act was passed in...

- A. 1921
B. 1925
C. 1927
D. 1930

Q.4) The first president of the Republic of India was...

- A. V V Giri
B. Zakir Hussain
C. Dr S Radhakrishnan
D. Dr Rajendra Prasad

Q.5) Indus Valley houses were made of...

- A. Bamboo B. Wood
C. Bricks D. Stone

ANSWERS

1. A) Gopala 2. B) Portuguese 3. C) 1927 4. D) Dr Rajendra Prasad 5. C) Bricks

KNOWLEDGE BANK

BUTTERFLY

The Cecropia Moth

The Cecropia Moth (*hyalophora cecropia*) is North America's largest native moth. It is a member of the Saturniidae family or giant silk moths. Females have a wingspan of five to seven inches (160 mm) or more. These moths can be found all across North America and a majority of Canadian provinces. Like other members of the giant silk moth family, they lack functional mouth parts and a digestive system. Due to this they can survive for approximately two weeks.

