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TODAY'S EDITION

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STUDENT EDITION
SATURDAY, APRIL 24, 2021

SELF-CARE

DETOX your skin, while at HOME

EXFOLIATE
Use this time to exfoliate regularly. Exfoliation will make the skin smoother and also ready to absorb any products you'll be using. Make a homemade pack, using lime-juice, sugar granules and milk powder. Lime juice has alpha hydroxy acid that softens the dead skin cells, milk powder has lactic acid to moisturise the skin and the sugar granules helps exfoliate. For oily skin add a bit of multani mitti to the mask.

HYDRATE
Due to constant washing, the pH of the skin can get altered. To prevent this, moisturise as often as you wash. Look for products such as glycerine, castor oil or petroleum jelly. At night, you can apply something heavier before you sleep.

DETOX
Detox from blue light (phones, iPads, TVs). Long-term exposure to these concentrated blue light can cause skin damage, including pigmentation, inflammation and breakdown of collagen causing photo-ageing. Do wear sunscreen, try and limit your screen light. Use your smartphone smartly with a screen limit time in your device.

— Expert: Dr Jamuna Pai, cosmetic dermatologist, founder SkinLab India

Use a spatula and not your fingers to take out cream from a jar

Sharpen your eyeliner, lip liner, eye pencil, every time you use

Always wash your face before you sleep



CLICK HERE: PAGE 1 AND 2

LATEST BUZZWORDS EXPLAINED

Doomscrolling

Doomscrolling is the act of spending an excessive amount of time devoted to the absorption of dystopian news on social media. Increased consumption of predominantly negative news may result in harmful psychophysiological responses in some. According to finance reporter Karen Ho, the term is thought to have originated in October 2018, on Twitter. But some say it started after television became popular.

The practice of doomscrolling can be compared to an older phenomenon from the 1970s called the mean world syndrome: "the belief that the world is a more dangerous place to live in than it actually is—as a result of long-term exposure to violence-related content on television." Studies show that seeing upsetting news leads people to seek out more information on the topic, creating a self-perpetuating cycle. The word gained popularity with the onset of COVID-19 last year, which coupled with lockdown all over the world, made people consume most news from social media—leading to a negative news cycle.



Switching off from the constant deluge of catastrophic information has never been so difficult. Here are some solutions...

Pallavi.Shankar@timesgroup.com

Every hour (almost) of TV news and most pages of newspaper/websites are devoted to information about Covid-19, mostly bad—rising death rates, shortage of oxygen cylinders and lack of beds in hospitals across the country. They are true, of course; pandemics bring misery and devastation. But a continuous news cycle that is sad (positive one gets limited space and time in the media) brings its own cluster of woes.

HOW BAD NEWS AFFECTS YOU?

Needless to say, quarantine life is hardly blissful. With the second wave, people are again going through restriction of movement, partial lockdowns, and above all, the fear of the disease. We humans are wired to connect and the loss of real-time connection has had a devastating impact. "On top of this, is the gloom-ridden news that is staring at us from our smartphones, television, etc. This is doubly difficult for people who were already braving mental health conditions, like depression, anxiety," says psychiatrist Dr Rachna K Singh.

What can one do to consume news in a way that is

Are you consuming NEGATIVE NEWS MINDFULLY?



smart and not mentally debilitating?

'PORTION CONTROL'

The concept of portion control is not limited to your plate. It's crucial to exercise this control while consuming news too. "Identify two news channels and stick to those. Constant channel hopping and surfing will make your mind numb and lead to stress, even fatigue. Also, limit your Covid-19 news consumption to twice a day—morning and evening," Singh says.

USE SOCIAL MEDIA RESPONSIBLY

Firstly, don't rely on endless forwards doing the rounds on social media. Secondly, when one of those corona-related forwards finds its way on your WhatsApp or Instagram, verify the information before passing it on. Singh maintains that "disturbing stories create panic among people and on many occasions may lead to waste of time if the helpful information is not verified. Only forward information

RETHINK

Break the cycle of fear and stress by reducing your consumption of negative news

that is verified by you or a member of your family." For instance, if you get a forward mentioning contact numbers of people supplying oxygen cylinders at home, then call up the numbers and check if they really exist before you push the forward button. And don't rely on social media for news.

AVOID SENSATIONALISM

A report published in 'Health Psychology' suggests that reading or watching negative, sensationalist news stories continuously is bound to have long-term consequences on your mental health. Lead researcher Alison Holman and her colleagues at UC Irvine, US, studied past epidemics. The findings showed that those who read or saw more sensationalist, repetitive news stories, experienced acute stress and other symptoms, similar to post-traumatic stress disorder (PTSD), with poorer well-

STUDENTS, STAY INFORMED BY READING RELEVANT NEWS

"Staying in your own zone and not making an effort to know about what's happening in your city or building is apathetic at this point of time. If you are confused about what news source to get your information from, check with your parents and teachers," suggests Singh. It is crucial to know new rules being laid down by the government and by the authorities in your society or locality. Being nervous or fearful after bingeing on sensationalist Covid news is problematic, but having an "optimism bias", that others may contract the infection and not you is also dangerous and leads to flouting of rules and self-discipline that is required in the pandemic life. Above all, being informed is imperative, and being misinformed is a peril.

being up to three years later! So, even when you are getting your daily ration of pandemic news, be mindful about not watching the same negative news again and again.

SHARE POSITIVITY

"It is THE time to share positive affirmations and uplifting stories while talking to people, on social media feed," advises Singh. People are going through a lot of grief, angst and anxiety and they don't always need to hear how terrible it all is. Share statistics of people who have recovered from Covid-19 and the good news is that most are recovering. Besides discussing news updates, also talk to each other about how you are spending your time—a new recipe you tried or a new novel you found the time to complete.

GOOD TO KNOW

HEALTH



SALT of the EARTH

As culinary salts get more exciting... we tell you more about this wonder mineral

Supriya.Sharma2@timesgroup.com

Someone very rightly said, "Salt is what makes things taste bad when it isn't in them." The variety and versatility of this wonder mineral keeps getting better and better, especially with the availability of gourmet salts. But one still doesn't know how much salt is too much or which salt is empowered with what health benefits. We get experts to spill the crystals...

SALT SPOTTING

Not only do salts differ in taste and texture, there are also some differences in mineral and sodium content. The iodised table salt has the maximum amount of sodium in it (not good), while black salt, also called volcanic rock salt, is good for people on low sodium diets. "Sea salt contains trace amounts of zinc, iron and potassium. But any evaporated seawater will produce sea salt. What makes it edible or of a superior standard is the mineral content and quality of the water," says Priya Dhammi Sharma, holistic nutritionist.

HOW MUCH IS TOO MUCH?

"Sodium is a part of everyone's diet. It plays an

Types of salt

Table salt: It is fortified with mineral iodine, essential for fighting off iodine-related diseases like hypothyroidism

Sea salt: Sun dried seawater with traces of marine life that provide organic forms of iodine. The moist Celtic sea salt is believed by nutritionists to be the most nutritious salt. So is the Himalayan pink salt

Kosher salt: Kosher salt or kitchen salt is a coarse edible salt without common additives such as iodine

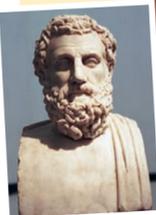
Rock salt: Volcanic rock salt is good for constipation, bloating, and more

Fleur de sel: The "flower of the salt," is the salt raked by hand from salt ponds surrounding certain villages in France

Gomasio: Gomasio is sesame salt, originating in Japanese cuisine. It strengthens digestion, prevents high BP, protects the liver and is a good source of calcium

Bamboo salt: A nutritious Korean salt made by roasting sea salt in bamboo cylinders plugged with yellow mud

important role in maintaining the fluid balance within cells and in the function of both nerve impulses and muscles. But how much sodium is too much? Under ideal conditions, the minimum sodium requirement is about 1,500 mg in a day. 1 tsp of salt has 2,300mg of sodium. Hence, ideally one should be consuming even less than 1 tsp of salt per day," says Ritika Samaddar, regional head, Dietetics, Max Healthcare. Though some salts are somewhat healthier versions of classic salt because of its mineral content like traces of iron, calcium, magnesium; remember that too much sodium can lead to a host of health problems.



Aeschylus, is the first known reference to the glamorous practice of rolling out a red carpet.

Red has been the colour of royalty for ages. The association had one practical reason at its core: the price of red dyes before the Industrial Revolution of the 19th century. Prior to the invention of synthetic dyes, red was an extremely difficult and expensive dye stock, and so red textiles are incredibly expensive.

The phrase "red-carpet treatment" didn't begin with Hollywood; rather, it began with a train station. The iconic 20th Century Limited Express on the New York Central Railroad, which ran from 1902 to 1967, could take people from New York to Chicago hours faster than any previous trains could. A red carpet was rolled out in Grand Central Station for passengers making their way to that particular train.

Legendary theatre owner Sid Grauman is credited with bringing the custom to Hollywood for the 1922 premiere of 'Robin Hood' at the Egyptian Theatre. Douglas Fairbanks, the star, was one of the first people

Did you know how the red carpet started...



The first Academy Awards ceremony on May 16, 1929 at the Hollywood Roosevelt Hotel, started off as an intimate dinner. Today, it's the most-watched entertainment event in the world

to walk the red carpet.

The Academy of Motion Picture Arts & Sciences adopted the tradition of the red carpet in 1961—a year when the pre-ceremony was first broadcast on television. But it wasn't until 1964 that the carpet and ceremony were both broadcast in colour.

Ten must-know trivia on the most glam part of the Oscars

Janet Gaynor, winner of the first best actress award in 1929 wore an off-the-rack knit dress with a Peter Pan collar to the ceremony. In 1938, German-born actor Luise Rainer accepted her award in her nightgown as she was brought in from home, as she didn't think she'd win.

In 1978, Diane Keaton was the first woman to wear a menswear inspired outfit to receive her best actress Oscar for the film 'Annie Hall'. Even in the



movie, her look is androgynous, which became quite famous—vests, ties, button-up shirts, and khaki pants.

Sharon Stone in 1999 proved that you don't need an elaborate gown to stand out. She wore a lilac-coloured Vera Wang skirt with a crisp white button-up shirt from Gap that belonged to her then husband.



In 2012, Angelina Jolie became the most talked about outing on the red carpet not for her strapless black Atelier Versace gown but for the leg slit that had her right leg sticking out at an odd angle because of a conscious posing. Her walk down the red carpet spawned countless memes and a Twitter account called @AngiesRightLeg.

Rita Moreno in 1918 proved that "loved clothes last" as she wore the same gown she had on while accepting her best supporting actress for 'West Side Story' in 1962. The gown made in Manila, in the Philippines, was adapted to look a little more—read strapless and accessorised with statement jewellery.

HEY FOLKS! I AM EXPLORIA. DO YOU KNOW WHAT WOULD HAPPEN IF YOU GOT SUCKED INTO A BLACK HOLE? < READ ON ...



IMAGES: GETTY IMAGES

ILLUSTRATION: ARYA PRAHARAJ

ANYTHING CAN BECOME A BLACK HOLE IN THEORY



If the sun had shrunk down to where it was only 3.7 miles across, you would have compressed all the mass down to an incredibly small space, making it a black hole.

To turn the Earth into a black hole, one will have to compress it to the size of a nut. So, technically, anything can become a black hole, as long as it's compressed enough. But "technically" may not mean "practically". We know that black holes are formed when a star with a mass greater than about 20 times the mass of our sun collapses on itself.



EINSTEIN DIDN'T DISCOVER BLACK HOLES



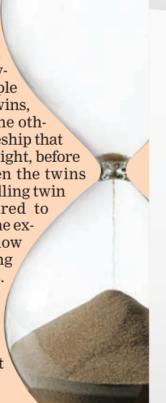
This is one of the biggest misconceptions about black holes. Einstein didn't discover the existence of black holes – though his theory of relativity does predict their formation. In 1915, Karl Schwarzschild, a German physicist and astronomer, was the first to use Einstein's revolutionary equations and show that black holes could indeed form. From his work derived a term called The Schwarzschild radius – the radius at which a gravitationally collapsing celestial body becomes a black hole. Still, scientists had wondered about the possibility of black holes as far back as the 18th century. English philosopher John Michell mentioned the idea in a report to the Royal Society of London in 1783. But the name "black hole" was first used in 1967, by American physicist John Wheeler.

BLACK HOLES DO NOT SUCK

Thanks to science fiction movies, it's quite easy to picture a black hole as a cosmic vacuum cleaner, sucking up everything and anything that gets too close to its high-gravity grasp. But reality is totally different. To understand a black hole one should know the concept of 'event horizon' – the boundary marking the limits of a black hole. So, it's only when you cross this point that you will be sucked into the oblivion. It's similar to the "point-of-no-return" that a boat experiences when approaching a whirlpool and reaching the point where it is no longer possible to navigate against the flow. This is why, if our sun were to be replaced by a black hole weighing the same as our sun, Earth would still travel in the same orbit. But obviously, all life on Earth will come to an end as black holes don't emit any heat or light.

THEY SLOW DOWN TIME

According to Einstein's general theory of relativity, time passes more slowly (as seen by an outside observer) in a gravitational field. The prime example is that of the two hypothetical twins, one stays at home, on Earth. The other journeys into space in a spaceship that travelled at nearly the speed of light, before coming back home. Later, when the twins are reunited on Earth, the travelling twin is markedly younger, compared to his/her stay-at-home sibling. The exact age difference depends on how fast the travelling twin was going or how far his destination was. As you reach the event horizon – the point of no return – you are moving at such high speeds due to the strong gravitational force from the black hole, that time will slow down.



BLACK HOLES EVAPORATE OVER TIME

Nothing is eternal, not even black holes. In the 1970s, Stephen Hawking made an audacious prediction that black holes evaporate over time, emitting tiny amounts of radiation in the process. This phenomenon is called Hawking radiation, after the famous physicist.

Text: Dheeraj Jangra



THERE IS A BLACK HOLE IN THE CENTRE OF OUR GALAXY

The Galactic Centre is the rotational centre of the Milky Way. For a long time, astronomers suspected the presence of a black hole almost exactly at the Galactic Centre. Only recently though, they have had definite evidence of it. Astronomers say that the supermassive black hole erupted two million years ago in a powerful explosion. The region around the supermassive black hole is called Sagittarius A* (pronounced Sagittarius A-star). It emits radio, infrared, ultraviolet, X-ray and gamma ray emissions.

THERE ARE THREE CATEGORIES OF BLACK HOLES

- 1 PRIMORDIAL BLACK HOLES:** These are the smallest of black holes and range from an atom's size to a mountain's mass.
- 2 STELLAR BLACK HOLES:** These are the most common of black holes and they can be up to 20 times more massive than the Sun. There are also a variety of these all over the Milky Way.
- 3 SUPERMASSIVE BLACK HOLES:** These are the largest of black holes, being more than 1 million times more massive than the Sun.



WHAT ARE BLACK HOLES?

A black hole is a place in space from where gravity prevents anything, including light, from escaping. Since no light can get out, no one has ever seen a black hole, and no one ever will. A black hole comes into existence when a star dies. The presence of a hole is deduced by the effect it has on its surroundings. It's like looking out of a window and seeing every tree top bending in one direction. You will rightly come to the conclusion that the bending is caused by a strong gust of wind. Similarly, astronomers observe and measure the unusual or inexplicable movements of stars and clusters of dust and gas around these invisible entities to predict the presence of black holes. Depending on the mass of the collapsing star, a black hole can be big or small. Scientists think the smallest black holes are as small as just one atom. In reality, the largest black holes are called "supermassive," which have mass equivalent to 1 million suns.

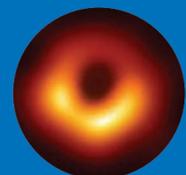
BLACK HOLES WILL 'SPAGHETTIFY' YOU

In the movie 'Interstellar', Matthew McConaughey's character dives into a black hole and comes out from the other end totally unharmed. But in reality, it's stranger. If you ever entered one, you would suffer a most horrible death and there won't be any trace of you! But what exactly would happen? Black holes have this incredible gravitational pull that will literally stretch you into a long spaghetti-like strand. This stretching action is called spaghettification. For example, if you swan dive into a black hole, the top of your head would feel greater gravitational pull than the tips of your toes, which means that you would be stretched longer and longer. Eventually, you will be stretched to the point where you begin to break down into individual atoms.



NOT SURE IF THEY ARE PORTALS TO ANOTHER UNIVERSE

Stephen Hawking believed that the black holes could be gateways to another universe. "If you feel you're in a black hole, don't give up. There's a way out," Hawking said. Experts believe that if you survive the plunge, you might find yourself in another universe on the other side. But there is no concrete evidence to support the claim. Also, taking the plunge, would be a dangerous gamble. The incredibly strong gravitational field inside would tear apart every atom in your body.



THE CLOSEST BLACK HOLE IS PROBABLY NOT 1,600 LIGHT-YEARS AWAY

V4647 Sagittarii was thought to be 1,600 light-years away, but is further away than expected. Scientists now believe that this black hole is about 20,000 light years away.