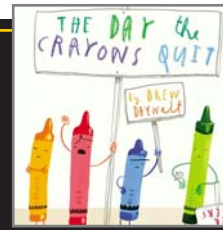




THE TIMES OF INDIA

www.toistudent.com
**TODAY'S
EDITION**

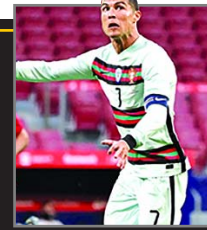
➤ Check out some of the best selling picture books for tiny tots

PAGE 2


➤ Students and teachers express their views on issues engulfing the country and the world

PAGE 3


➤ Football heavyweights set to collide at European championship

PAGE 4

STUDENT EDITION

MONDAY, JUNE 7, 2021


WEB EDITION
CLICK HERE: PAGE 1 AND 2

TIMES NIE Answers Your Query

Hina Naela,
class XII, G D Goenka
Public School,
Lucknow


ASK THE EXPERT

A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts,

➤ **'CLICK HERE'**

OR VISIT

<https://bit.ly/331Rx0n>

Q As a teenager, how can one deal with loneliness during the lockdown?

In the present scenario it is but natural for everyone to be anxious and lonely. One should be encouraged to resort to hobbies and think positive. Involve your parents in 20 minutes 'gadget-free time'. Family bonding and support to each other will keep members happy and stronger even in the toughest time.



Udishia Tiwari,
class X, CMS
GN2, Lucknow

Q I am feeling very anxious about the third wave with news that kids may get affected next. What am I to do?

By following all precautions like wearing masks, sanitising, social distancing and most importantly, getting vaccinated, it will keep the third wave at bay. Hopefully, if we are well prepared and follow the Covid protocol rigidly, nothing will affect our health.

EXPERT ADVICE GIVEN BY

Dr Tauseef Ahmed, general physician, Nishat Hospital, Lucknow



NOVELIST DAVID DIOP AWARDED INTERNATIONAL BOOKER FOR WWI NOVEL

French novelist David Diop has won the prestigious International Booker Prize for books translated into English with his World War I-set novel, 'At Night All Blood is Black'. The Paris-born writer became the first French winner of the prize, awarded for a book translated into English and published in the UK or Ireland, in a ceremony broadcast online from Coventry Cathedral in central England. The book's translator Anna Moschovakis won half the £50,000 (\$70,850) prize, which recognises the major role of translators.

BOOK

Record 63 Indian varsities make it to Times Asia University Rankings 2021, IISc country's best

A record 63 Indian universities have made it to the Times Higher Education Asia University Rankings 2021, with three new universities figuring among the top 200. Fourteen Indian institutions debuted in this year's rankings, released by the UK-based publication. India is third overall in terms of representation, behind Japan (116 universities) and Mainland China (91).


Education

In the overall rankings, which have representation from 30 countries and regions, mainland Chinese universities - Tsinghua University (1st) and Peking University (2nd) - claimed the top two positions for the second year in a row

■ While Indian Institute of Science (37th) remains the country's highest ranked university for the seventh year in a row, Indian Institute of Technology,

Ropar (55th) and Indian Institute of Technology, Indore (78th) have also made it to the top 100 this year
■ King George's Medical University

(139th), Indraprastha Institute of Information Technology Delhi (143rd) and Mahatma Gandhi University (154th) figure among the top 200 for the first time

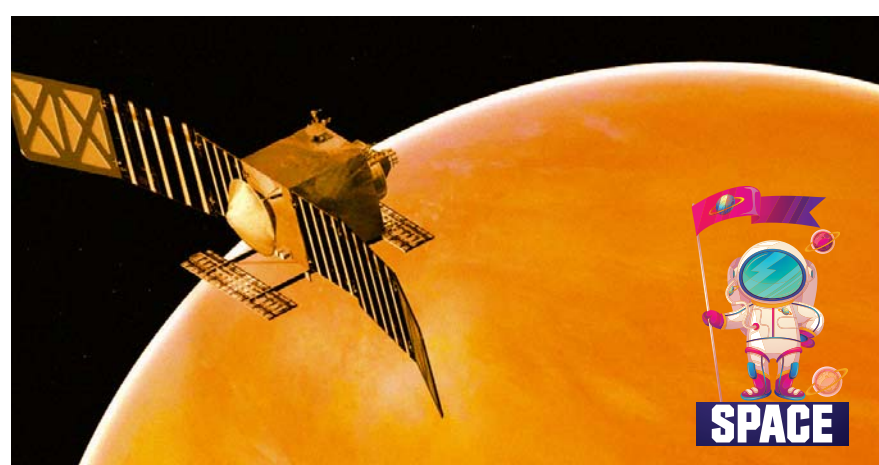
ICC CONTEMPLATES MOVING 2021 T20 WORLD CUP FROM INDIA TO UAE



This year's men's T20 World Cup could be moved from India to the United Arab Emirates, the International Cricket Council has said. The move appears to have been prompted by the rising number of Covid-19 cases in India, although this was not mentioned directly in a statement issued by the global governing body. The ICC added that a final decision on the host country for the October-November event would be taken later this month.

■ It also said the Board of Control for Cricket in India (BCCI) would remain the hosts of the tournament, regardless of where it is played

■ The statement came days after Indian cricket chiefs announced that the Indian Premier League T20 franchise tournament, suspended after a new Covid-19 wave hit India, would be finished in the UAE in September and October



NASA GETS READY TO HEAD TO VENUS

NASA has announced plans to launch two new scientific missions to Venus between 2028 and 2030, its first in decades, to study the atmosphere and geologic features of the Earth's so-called sister planet. The US space agency said it was award-

ing about \$500 million for the development of each of the two missions, dubbed DAVINCI+ (short for Atmosphere Venus Investigation of Noble Gases, Chemistry and Imaging) and VERITAS (an acronym for Venus Emissivity, Radio Science, InSAR, Topography and Spectroscopy).

➤ DAVINCI+ will measure the composition of the dense Venusian atmosphere, seeking to improve understanding of how it evolved, while VERITAS will map the planet's surface from orbit to help determine its geological history, and why it developed so differently than the Earth, NASA said

➤ DAVINCI+, consisting of an orbiter and an atmospheric descent probe, is also expected to return the first high-resolution images of unique geological characteristics on Venus called "tesserae." Scientists believe those features may be comparable to Earth's continents and suggest that Venus has plate tectonics, according to NASA's announcement

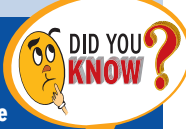
1 Earth's closest planetary neighbour and the second planet from the sun, Venus is similar in structure but slightly smaller than the Earth, with a diameter of about 12,000 km

2 Above its foreboding landscape lies a thick, toxic atmosphere consisting primarily of carbon dioxide with clouds of sulphuric acid droplets. The consequence is a runaway greenhouse effect that bakes the surface of Venus at temperatures as high as 471 Celsius, hot enough to melt lead

3 Venus has lately received less scientific attention than Mars, Earth's next-closest planetary next-door neighbour, and other solar system destinations

■ NASA's Magellan spacecraft, which reached Venus in 1990, made the first global map of the Venusian surface as well as global maps of the planet's gravity field

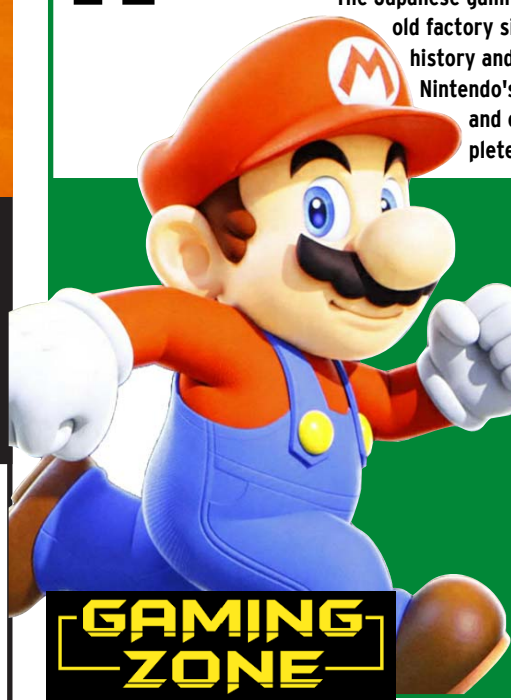
■ In 1994, the Magellan spacecraft was sent to plunge into the surface of Venus to gather data on its atmosphere before it ceased operations



Fans can meet Super Mario at 'Nintendo Gallery' museum in 2024

After opening its first-ever theme park this March, Nintendo is giving fans something else to get excited about: a planned 'Nintendo Gallery' museum set to open by spring 2024.

The Japanese gaming giant has announced that it plans to repurpose an old factory site in Kyoto, where the firm is based, to exhibit its history and beloved gaming products. The facility "where Nintendo's historical products will be showcased and exhibits and experiences will be available" is expected to be completed by March 2024



■ Nintendo began life in 1889 as a manufacturer of hanafuda cards and launched its first home video game machines, known as TV Game 15 and TV Game 6, in 1977

■ The Super Mario Bros games were launched in 1985, two years after the company began selling its Nintendo Entertainment System console

■ Super Nintendo World, the company's first theme park, opened in March after months of pandemic delays. It is part of the Universal Studios Japan complex in Osaka, and features a Mario Kart ride with a real-life Bowser's Castle

Twitter rolls out 'Birdwatch' fact checks inside tweets

Twitter has announced that it is rolling out the Birdwatch notes inside tweets for pilot participants across iOS, Android and desktop platforms

■ Birdwatch is a community-based programme that allows people to identify information in tweets they believe is misleading, and write notes that provide informative context

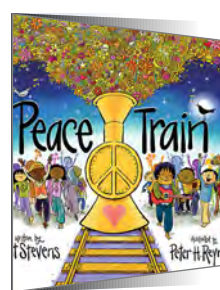
■ The micro-blogging platform launched a pilot version of the programme in January this year with select users in the US

■ Birdwatch wants to help people stay informed by adding helpful context to Tweets

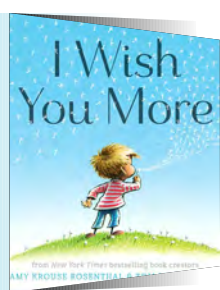
➤ If a Tweet has a Birdwatch note that is "currently rated helpful", then you'll see that note right there on the Tweet, and you can rate it to help elevate the most helpful notes
➤ "If the Tweet has multiple notes that are 'currently rated helpful', the card will rotate between these 'currently rated helpful' notes at periodic intervals, and you can tap to rate those notes on the Birdwatch site," Twitter explained
➤ If a Tweet has notes but none are yet "currently rated helpful", you'll see the number of notes written, and you can tap to rate those notes on the Birdwatch site


TECHAWAY

BESTSELLING PICTURE BOOKS FOR TINY TOTS



PEACE TRAIN
by **Cat Stevens**
Illustrated by **Peter H Reynolds**
A visual interpretation of the classic 1971 song.
(AGES 4 TO 8)



I WISH YOU MORE
by **Amy Krouse Rosenthal**
Illustrated by **Tom Lichtenheld**
A bounty of good wishes.
(AGES 5 TO 8)



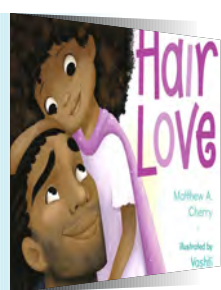
EYES THAT KISS IN THE...
by **Joanna Ho**
Illustrated by **Dung Ho**
A tale of self-acceptance and respect for one's roots.
(AGES 4 TO 8)



WE ARE WATER PROTECTORS
by **Carole Lindstrom**
Illustrated by **Michaela Goade**
Standing up for environmental justice.
(AGES 3 TO 6)



THE WONDERFUL THINGS YOU...
by **Emily Winfield Martin**
A celebration of possibilities.
(AGES 3 TO 7)



HAIR LOVE
by **Matthew A Cherry**
Illustrated by **Vashti Harrison**
A father and daughter work together on an extra-special hairstyle.
(AGES 4 TO 8)



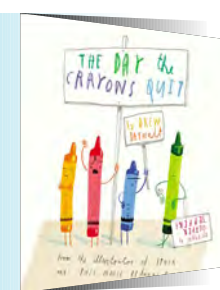
DRAGONS LOVE TACOS
by **Adam Rubin**
Illustrated by **Daniel Salmieri**
What to serve your dragon-guests.
(AGES 3 TO 5)



GRUMPY MONKEY
by **Suzanne Lang**
Illustrated by **Max Lang**
Jim Panzee is having a bad day.
(AGES 3 TO 7)



THE ONE AND ONLY SPARKELLA
by **Channing Tatum**
Illustrated by **Kim Barnes**
Ella embraces her individuality.
(AGES 4 TO 8)



THE DAY THE CRAYONS QUIT
by **Drew Daywalt**
Illustrated by **Oliver Jeffers**
Problems arise when Duncan's crayons revolt.
(AGES 3 TO 7)

Etiquette around globe

Unique food traditions followed in Japan



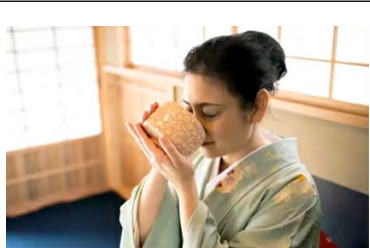
SEATING STYLE

Traditional Japanese meals are taken by sitting on the ground in a 'seiza position' (on heels with your legs tucked underneath). Low tables are arranged and a mat called the tatami is laid down for people to sit. You may have seen this in Japanese movies, where everyone sits down together on the ground for eating.



NEVER REST CHOPSTICKS ON THE BOWL

While eating food, Japanese never keep chopsticks on the bowl. If they wish to pause for a few minutes while eating, the chopsticks are kept on the side of the bowl or on a separate plate, but not on the bowl.



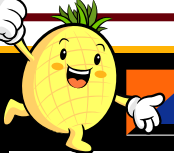
DRINK WITH BOTH HANDS

Japan is famous for its popular culture of tea ceremonies. During these ceremonies, they are expected to drink the tea by holding the bowl with both hands. This method helps in warming up hands and makes you look more refined.



SLURPING=APPRECIATION

In Japanese culture, slurping is equal to the sign of appreciation. You can either slurp the noodles by grabbing them with the chopsticks or slurp the soup by drinking it directly from the bowl. The idea behind this method is that slurping cools down the noodles and enhances the flavours by combining them with air.



QUIZ TIME (MIXED BAG)

SAMARTH JAIN, Class XII, BGS National Public School, Bengaluru

Q.1) Who wrote Ramcharitmanas?

- A. Tulsidas B. Kabir
C. Valmiki D. Vedvyas

Q.2) Who was the first Vice President of Independent India?

- A. Zakir Husain
B. Dr S Radhakrishnan
C. Dr V V Giri
D. C Rajagopalachari

Q.3) Which of the following is not a department of the ministry of finance?

- A. Economic Affairs
B. Expenditure
C. Revenue
D. Foreign Investments

Q.4) Which Indian film of 2017 was nominated for the Oscars?

- A. Dangal
B. Kabali
C. Pink
D. Newton



ANSWERS

1. A) Tulsidas
2. B) Dr S Radhakrishnan
3. D) Foreign Investments
4. D) Newton
5. B) Norman Pritchard

Q.5) Hindustan's first Olympic Individual Medal was won by whom and in which year?

- A. K D Jadav in 1952
B. Norman Pritchard in 1900
C. Leander Paes in 1996
D. Harihar Bannerji in 1952

KNOWLEDGE BANK (NATURE)

SHREYA RAVI, CLASS VIII, THE BRIGADE SCHOOL, MALLESWARAM, BENGALURU

Hammerhead sharks

They get their name from the unusual structure of their heads - flattened and laterally extended into a 'hammer' shape. They have white bellies, which help blend into the ocean and sneak on prey. Hammerheads swim in groups during the day, but go solitary during the nights to hunt. These sharks also have the ability to see at 360 degrees.



DON'T USE YOUR HAND AS A SAFETY NET

Many times while eating, we usually cup our hands below the spoon while bringing it from the plate to our mouth. In Japanese culture, this practice is considered to be rude. If you use your hand to catch the falling food, it is bad manners!



TABLE MANNERS

Once done with lunch or dinner, Japanese are expected to return everything back to the initial position. This means replacing the lids of the serving bowls and keeping the plate, bowls and chopsticks neatly together. One thing you need to remember while eating with the Japanese is to never leave a messy plate behind.

DOS AND DON'TS OF USING CHOPSTICKS

plate. Also, don't stick them straight in your bowl of rice or noodles.

➤ You should also be careful while picking up food with

chopsticks. Don't stab your food with them, the movement of picking up food should be smooth and gentle.

➤ Never chew on your chopsticks and also keep them back in the wrapper after finishing your meal. TNN

At-home Hair-care routine this summer

Perform a hot oil massage

Utilise your time at home and massage your scalp with lukewarm oil, but, avoid applying too much oil on tresses as cleaning it may again lead to dryness and if left oily after wash, your hair will attract more dust, leading it to be greasy. A slow massage provides much-needed nourishment and hydration for your scalp; you will be rewarded with healthy hair follicles as well. A bhringraj and onion-based hair oil is a good option for deep nourishment of your hair follicles as it boosts blood supply and leads to good hair growth. Also, wrap your hair with hot towel for 10 minutes before shampoo for best results.

or dry hair. Conditioner increases shine and strength while creating a protective layer. Dry hair can also be benefitted by reverse hair washing or pre-wash conditioning method wherein conditioner is applied before you wash your hair and without rinsing the conditioner, directly apply shampoo and wash. If your hair is extremely frizzy, dry and damaged, hair mask is your go-to solution as it can be applied from root-to-tip to provide deep nourishment and repair. Masks should only be used once or twice a week unlike conditioner, which can be used after every wash.



Gentle wash

Always remember to use a mild shampoo, preferably paraben and sulfate-free, to wash your hair as it reduces the damage to hair. An ideal shampoo for daily wash should not have pH exceeding 5.5.

Use hair mask once a week and a conditioner regularly:

Using a conditioner can significantly repair the damaged hair but the frequency of using it, depends on whether you have oily

Avoid hair styling products

It is better to avoid using hair styling products like gel, sprays, etc. to reduce damage to hair. These styling products tend to attract more dust and does not allow your hair to breathe. Air dry your hair naturally post hair wash. Go for styling products only on very special occasions like a wedding or big party - it should be an occasional indulgence and not a part of your regular hair care regimen. TNN

Tips from ADITYA SINGH, brand-head, Atulya Herbals

FOOD TIPS THAT HELP IMPROVE MEMORY

Exam time brings a lot of stress for students as they have to stay up till late studying and retaining loads of information to perform well. To prevent exhaustion and keep your brain agile and sharp, nutritionist Ambika Tyagi shares tips on good eating habits.



Take frequent and small meals

Instead of having a traditional breakfast, lunch and dinner, eat five or six light meals to increase concentration level. A

large meal will slow you down physically and mentally as the process of breaking down and digestion of a large meal takes time. However, don't skip your meals.

BONUS TIP

Many students have the habit of studying late at night in order to pack more information into their already overworked brains. However, the night before your exam, go to bed on time and get enough sleep to feel fresh the next day and also to retain information.

Foods to avoid

Some food items like cookies, burgers, cakes, and muffins should be avoided before or during exams as they are brain blocking foods that require more time and energy to digest. Intake of too much carbs like rice and potato can also make you sleepy. Also, avoid consuming rich food from takeaways until your exam is on as it makes the body sluggish and less agile.

Stay hydrated

Drink enough water before and during your exam. Dehydration

tion can make you lose your concentration and lower your energy levels.

Eat brain-boosting foods

Protein-rich foods that help in mental alertness are eggs, nuts, yoghurt, cottage cheese. For breakfast, take almonds, walnuts, raisins, orange, banana, whole-grain cereal with low-fat milk, porridge, oatmeal.

Omega-3 for the brain

Have a diet rich in omega-3 fats that play an important role in boosting concentration. Good sources are salmon, tuna, flaxseeds, chia seeds and so on.