



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

➤ Did you know you can reduce carbon footprints by promoting and using local brands?
PAGE 2



➤ Students and teachers share their views on issues engulfing the country and the world
PAGE 3



➤ Euro20: Kane leads England past Ukraine and into semi-finals
PAGE 4



STUDENT EDITION

MONDAY, JULY 5, 2021



TOKYO OLYMPICS

THE COUNTDOWN BEGINS

MAANA PATEL BECOMES FIRST INDIAN FEMALE SWIMMER TO QUALIFY FOR TOKYO OLYMPICS



Maana Patel has become the first Indian female swimmer to qualify for the upcoming Tokyo Olympics through universality quota, confirmed Sports Authority of India (SAI) on Friday. Maana is the third Indian swimmer, who will take part in Tokyo 2020, as earlier Srihari Nataraj and Sajan Prakash have earned the automatic qualification (A time) for the Olympics.

Last week, Sajan Prakash became the first Indian swimmer to qualify for the upcoming Olympics as he clocked 1:56:38 in men's 200m butterfly at the Sette Colli Trophy

CLICK HERE: PAGE 1 AND 2

Spotlight

WALLY FUNK

Trailblazing pilot, 82, to fly into space with Jeff Bezos

Barrier-breaking woman aviator, Wally Funk, 82, will join Jeff Bezos this month on the first crewed spaceflight for the billionaire's company Blue Origin, the firm has announced. The trip is 60 years overdue for Funk, who was one of the Mercury 13 – the first woman trained to fly to space from 1960-1961, but excluded from flight because of gender.



On July 20, she will become the oldest person-ever to go to space when she takes part in the journey aboard the New Shepard launch vehicle along with Bezos, his brother Mark, and another traveller, who paid \$28 million at an auction for the seat. "I can hardly wait," Funk said in a video posted on Bezos's Instagram account

- The Bezos brothers and Funk, who was also the National Transportation Safety Board's first female air safety inspector and a Goodwill ambassador, will be joined by the unnamed winner of the online auction, who paid for a seat
- Taking off from a desert in western Texas, the New

The reusable suborbital rocket system was named after Alan Shepard, the first American in space 60 years ago

Shepard trip will last 10 minutes, four of which passengers will spend above the Karman line that marks the recognised boundary between the Earth's



atmosphere and space

- The passengers will then be able to float weightlessly for a few minutes and observe the curvature of the Earth
- Then the capsule will begin a free fall back to the Earth, braked by three large parachutes and retrorockets before landing back in Texas

GREEN PASS

WHAT Amid the ongoing tussle between India and the European Union over the 'green pass' for Covid vaccines, nine European countries have added Covishield to their list of approved vaccines. The European countries that have cleared Covishield include seven EU member states: Germany, Slovenia, Austria, Greece, Ireland, Estonia and Spain, and two non-member states: Iceland and Switzerland. The EU Digital Covid Certificate, known informally as the 'green pass', is a means to reduce the hassle that travellers coming to the EU countries face. Essentially, it acts as a digital proof that an individual has been vaccinated against Covid-19, received a negative RT-PCR test result, or has fully recovered from the infection. It includes details like name, date of birth, vaccine administered, the date of issuance, negative test result or proof of recovery.



X-PLAINED

THE CONTROVERSY AROUND THE COVISHIELD VACCINE

From July 1, travellers to the EU countries are being allowed entry into the EU region only if they have taken vaccines cleared by the European Medicines Agency (EMA). Its list of certified vaccines include: Pfizer/BioNTech's Comirnaty, Moderna's Spikevax, Oxford-AstraZeneca Vaxzevria and Johnson & Johnson's Janssen.

As per the European Commission, of the 27 member-states, 16 have already started using the EU Digital Covid Certificate (EU DCC) through the EMA's approved list of vaccines. Though the EMA has cleared Oxford-AstraZeneca's Vaxzevria, which is the European variant of the AstraZeneca doses, it has not cleared the Covishield injections, which are manufactured by the SII under license from Oxford-AstraZeneca, as it did not have an application for market authorisation from Covishield

WHY According to the EU health authorities, the digital certificate will streamline the process of clearance of passengers entering the region, as member-countries were earlier (in some cases even now) using national certificates that were creating barriers for region-wide travel. The EU member-states argue that the move is necessary to deal with countries that are said to have "virus variants".

INDIA'S RESPONSE

India is pushing hard to get locally-administered vaccines approved by the EU. Recently, India said, it will not recognise EU's digital Covid certificate until the EU includes Indian vaccines Covishield and Covaxin in the certificate

Quote unquote

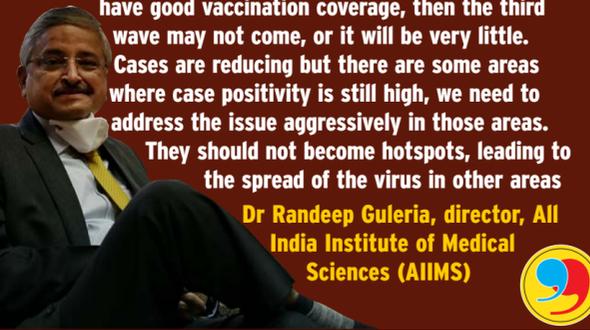
The third wave of Covid-19 pandemic in India depends on how we

behave. If we are careful, and we have good vaccination coverage, then the third wave may not come, or it will be very little.

Cases are reducing but there are some areas where case positivity is still high, we need to address the issue aggressively in those areas.

They should not become hotspots, leading to the spread of the virus in other areas

Dr Randeep Guleria, director, All India Institute of Medical Sciences (AIIMS)



Sherlock Holmes goes digital with GenZ in frame

The world famous Sherlock Holmes, who has mesmerised generations of readers with his uncanny knack of solving cases that completely confound everyone, is back to entertain in the form of audiobooks. Swedish audiobooks platform, Storytel has signed a deal with Conan Doyle Estate for new stories in audiobooks. These will be written by the popular novelist, Anthony Horowitz, the Swedish audiobooks platform said.



➤ Horowitz, who is recognised as one of the most-versatile, prolific and successful authors in the United Kingdom, has the unique distinction of working across varied mediums ➤ The author's Alex Rider series has sold around 20 million copies worldwide, and he enjoys the

credit of being a writer, who has encouraged an entire generation to read ➤ Horowitz has, so far, penned more than 40 books. These include new Sherlock Holmes and James Bond novels, and also an award winning television series Midsomer Murders and Foyle's War



Mithali becomes top run-getter in women's international cricket

Indian women's cricket team skipper Mithali Raj has become the top run-getter (10,277) in international cricket across all formats. She surpassed former England batter Charlotte Edwards, who had scored 10,273 runs. Interestingly, the bulk of Mithali's runs have come in ODI cricket in which she has collected over 7,200 runs. She has scored 669 runs in Test cricket, and 2,364 in T20 International cricket.

RECORD HOLDER

■ Mithali is the only woman cricketer to have scored over 6,000 runs, and averages over 50 in ODI cricket. Charlotte is the next best on the list of ODI run-getters with 5,992 runs.

■ On June 26, Mithali, who was playing her 217th One-day International at Worcester, had become the second international cricketer after Sachin Tendulkar to complete 22 years in ODI cricket

First human-rated test flight for India's Gaganyaan not in 2021

The first test flight of Geosynchronous Satellite Launch Vehicle-Mk III (GSLV Mk III) that will carry the Indian astronauts to space later will not happen this year, owing to Covid-19 pandemic and the lockdown, said a top official of the Indian space agency. He also said that most of the design and documentation activities have been completed for the rocket. The first human-rated unmanned GSLV-Mk III, first of the two test flights, was scheduled to fly by the end of 2021.



WhatsApp rolling out 'view once' mode to Android beta testers

Facebook-owned WhatsApp is rolling out a new 'View Once' mode for Android beta testers that wipes photos and videos as soon as you view and dismiss them...

- When you send photos and videos using view once, they can only be viewed once, and you're notified when the recipient has opened them
- If you disable read receipts, the recipient will still see if you have opened the photo or video set to view once, but you cannot see when the recipient open yours
- In groups, you can see when



TECHAWAY

other participants open expiring photos even if you have disabled read receipts

- The recipient might save the photo or video taking screenshots or video captures, and WhatsApp won't notify you because there isn't a screenshot detection

GO LOCAL **WAYS TO SUPPORT YOUR LOCAL BUSINESS** **OPEN**

It's always a good idea to buy more things from local brands to reduce your carbon footprints and also to help these businesses survive and prosper in pandemic time

SUPPORT Local BUSINESS

Change your mindset
Put small, local businesses at the forefront of your mind and your shopping list. Although large retailers offer speed and convenience, local brands can offer unique products and a more personalised experience.

Do your research
Explore your local area, browse for small businesses online and, if you travel, check out the businesses in those areas too.

Tell a friend
Don't underestimate the power of word-of-mouth marketing. Tell your friends, family members and co-workers about your favourite small businesses. If you have a particularly enjoyable visit or purchase, create a post and be sure to tag the business online.

Think creatively
If a store near you is struggling, consider launching a fundraising campaign to support them. When in doubt, talk to local small town business owners about what they need and where you can help. AP

RECIPE

WHOLE WHEAT VEGGIE MOMOS

Who said momos can't be healthy? Just replace the all-purpose flour with whole wheat flour and you are good to go. Here's the recipe. Try it on a rainy day and enjoy



INGREDIENTS

- 1 cup whole wheat flour
- 1/4 cup chopped bean sprouts
- 1 teaspoon minced garlic
- Sugar as required
- Salt as required
- 1/2 cup blanched and chopped
- fresh broccoli
- 1/4 teaspoon ginger paste
- 1 teaspoon crushed to paste green chilli
- 1/4 cup chopped cabbage
- Black pepper to taste

HOW TO MAKE

Step 1: Knead the momo dough

In a bowl, add whole wheat flour and salt (a pinch). Mix everything well. Using water, knead the ingredients into a dough form. Keep it aside for a while.

Step 2: Prepare the filling for the momos

Now, add cabbage, bean sprouts, broccoli, ginger paste, garlic, green chilli paste, salt, pepper and a pinch of sugar in a bowl. Mix everything well. Keep aside.



Step 3: Roll the dough

Divide the whole wheat dough into 12 parts and then roll the individual doughs into a 3" diameter circle. For rolling, use wheat flour if required.

Step 4: Stuff in the prepared filling

Now, add 1 tbsp of filling in the centre of the circle prepared from the whole wheat dough. Make a semi-circle by folding it over. Seal it using your fingers by pressing the edges gently. Now, fold the semi-circle again and seal it.

Step 5: Steam the whole wheat momos

Repeat the above step for the rest of the momos and put all of them in a steamer for about 10-15 minutes. Check if they are soft and cooked well. Your whole wheat momos are ready. Serve these delicious momos with a spicy dip. TNN

Gain control over stress eating

After hours of doom scrolling, that packet of chips or biscuits always spells comfort, doesn't it? The fact that we learnt to whip some banana bread, panipuri and dalgona coffee over the course of the last year, is only adding to indulgence. Dealing with panic and uncertainty inevitably leads to stress eating. However, if you often find your home littered with chips, chocolates and namkeen packets - you are literally eating your stress and emotions.

FIGHT EMOTIONAL EATING

The most important step is learning to differentiate between emotional and physical hunger.

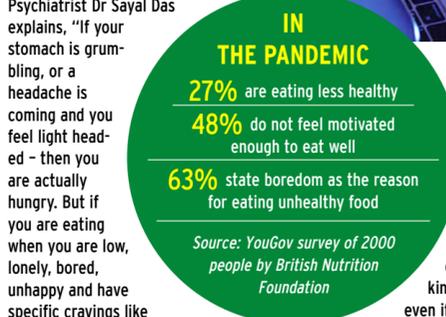
Psychiatrist Dr Sayal Das explains, "If your stomach is grumbling, or a headache is coming and you feel light-headed - then you are actually hungry. But if you are eating when you are low, lonely, bored, unhappy and have specific cravings like chocolates, ice cream, cakes or



It seems very natural to seek comfort in 'eating good food' when faced with big stressors like pandemic and lockdown. They appear like the only good thing happening to you. But this coping strategy is very harmful in the long run."

SARVESH RANA,
CLINICAL PSYCHOLOGIST

- Identify the problem. Find out what's making you binge eat. Then change the environment around you to counter that emotion.
 - Process your emotions. Try journaling, venting or accepting.
 - Indulge in healthy, yet balanced food. If you go on fad diets, you will end up messing your body even more. Focus on eating right and have a balanced diet.
 - Don't get caught in the guilt of gaining weight. Shift towards feeling fit.
 - Having meal plans and routine is key in breaking the cycle. Stock up your pantry and plan meals to avoid eating junk.
- NOIDA TIMES



pizza - you may not actually be hungry; you are just trying to soothe an unpleasant or unwelcome feeling." She adds that once this difference is established, countering it becomes easier. "Overdoing any kind of emotional eating - even if it is salads - can be detrimental. People need to find

intervention for the negative emotion, not food," she says.

BREAK THE CYCLE OF EMOTIONAL EATING

Nutritionist Gauri Anand says, "Breaking the cycle of emotional eating will take time. While you are working towards it, be kind to yourself, try to meditate, take up some form of physical activity and stay hydrated." Here are her suggestions:

SWIMMING

IT IS NOT only a life saving sport but has the ability to provide self control and cognitive skills. Swimming includes repetitive motion of the body especially the limbs which is easy to grab for the kids with autism. Even when going deep inside the water, it completely soothes the mind and provides relief from stress.



HORSE RIDING

MANY DOCTORS RECOMMEND horse riding as a therapeutic training for children with autism. This positive activity allows to build connectivity 'horsemanship' since it would certainly require the person to take care of the horse and build connection while riding them. This gradually works on the socialisation and the independence aspect very well. Also, do allow your autistic child to create fun moments while enjoying this sport.

BOWLING

THIS IS THE easiest sport for an autistic child. It is simple as it requires the same repetitive actions of delivering or rolling a ball in the lane. Since an autistic child has a genuinely less amount of self control, this is a very safe sport to opt for. However, the affected kid can imbibe many social skills such as allowing others to take their turn and celebrating when hitting the ball right.



CHECK WITH YOUR DOCTOR

Before deciding on a sport that needs expertise like horse riding and swimming, consult your child's doctor if it's safe for the child. Some autistic kids have issues with certain body movements and may need special training to learn a tough sport. Also, the doctor can tell you if your child is old enough (age wise, physically and mentally) and ready enough for a certain sport.

HIKING

WHAT NO THERAPY can offer, can be achieved through nature. Hiking is the best sport to enjoy while being in close proximity to nature. Moving to a far more beautiful and natural world for a walk can be a great stress reliever. Take your autistic child towards the countryside and allow him/her to bond and connect with nature rather than imposing the need of social interaction in a noisy and messy environment. TNN

FITNESS FUNDAS

SPORTS SUITABLE FOR KIDS WITH AUTISM

Autism is predominantly a developmental dysfunction where an individual struggles to carry social interaction and communication. Sports being a great activity for people of all ages, it can significantly help to improve a person with autism. Here are some helpful sports for those on the spectrum...



MARTIAL ARTS

THIS COMBAT SPORT thoroughly enhances mental and the physical stimuli. In the training process, a student would be required to synchronise the brain-body coordination. This too involves a repetitive pattern of attack and defence, which is unchallenging for the autistic kid. This helps kids in overcoming sensory and motor difficulties while improving their confidence, alertness and other mental functions.