



# THE TIMES OF INDIA

www.toistudent.com

**TODAY'S EDITION**

► Check out some tips for your delicate eyes in this weather that brings its own set of woes  
**PAGE 2**



► Educationists and students express their views through articles, poems and paintings  
**PAGE 3**



► Manpreet Singh is all set to lead the India's hockey team at the Olympics this year, and hopes a podium finish  
**PAGE 4**



**STUDENT EDITION**

MONDAY, JULY 19, 2021



**WHICH WAS THE FIRST-EVER ICC TROPHY WON BY THE ENGLAND MEN'S TEAM?**

**CLUE 1:** Links of London designed the silver-rhodium trophy, weighing approximately 7.5 kg.

**CLUE 2:** India hosted the last edition, back in 2016.

**CLUE 3:** West Indies have won it the most number of times and are the defending champions.

**ANSWER:** ICC T20 WORLD CUP. India and Pakistan are set to clash in the Super 12s stage of the 2021 edition, to be co-hosted by the UAE and Oman between Oct 17 and Nov 14. This will make it the first faceoff between the two teams in more than two years, their last fixture having come in the 2019 50-over World Cup

**CLICK HERE: PAGE 1 AND 2**

## A teen to join Bezos FOR SPACE DRIVE



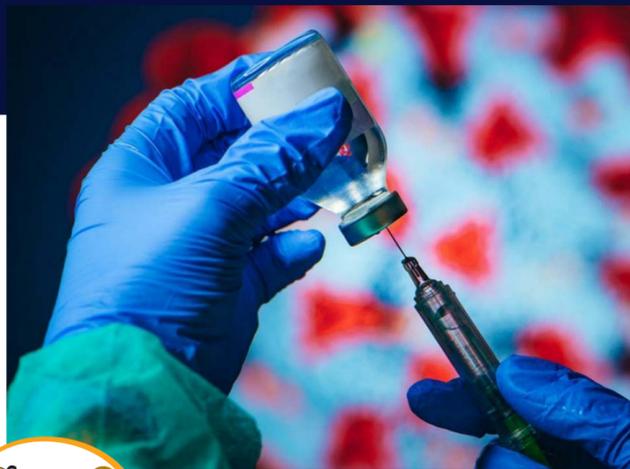
An 18-year-old physics student, whose father heads an investment management firm, is set to take the place of a person, who put up \$28 million in an auction to take part in the inaugural space tourism flight for billionaire Jeff Bezos' Blue Origin company. Oliver Daemen will join the four-member all-civilian crew for Tuesday's scheduled flight after the auction winner, whose name had not been made public, dropped out due to unspecified "scheduling conflicts." Daemen becomes the company's first paying customer. The flight is set to include the oldest person ever to go to space – 82-year-old trailblazing female aviator Wally Funk, and the youngest, Oliver Daemen.

Bezos has been locked in a race with billionaire rivals Richard Branson and Elon Musk, as they seek to usher in a new era of commercial space travel in a tourism market that Swiss bank UBS estimates could be worth \$3 billion annually in a decade

# WARM VACCINE SOON?

**WHAT** A new 'warm' vaccine being developed in India is making headlines for being effective against SARS-CoV-2 variants. Developed by the Indian Institute of Science (IISc) and biotech company Mynvax, the vaccine has developed antibodies that could neutralise all the four major covid variants.

**HOW** will it help: The vaccine will be helpful in inoculating people in remote parts of the world where access to cold storage is limited. Human trials of the vaccine will reportedly be conducted later in 2021. According to experts, a thermostable or 'warm vaccine' is critical for remote or resource-limited locations with extremely hot climates, which lack reliable cold storage supply chains, including regional communities in Australia's outback and the Indo-Pacific region.



**DID YOU KNOW?** Most vaccines require refrigeration to remain effective. For example, the Oxford-AstraZeneca vaccine, known as Covishield in India, must be kept between 2 and 8 degrees Celsius, and the Pfizer preventive requires specialised cold storage at minus 70 degrees Celsius

## Quote unquote



There might be a third wave. If the third wave happens, it will hit sometime around August end, it is not inevitable. It is important for each state to examine the pandemic situation and take a call regarding the Covid-19 cases



there. There are states where the first and second waves of Covid-19 had a low impact. If the restrictions are not maintained now, then these states may be severely impacted by the third wave

Dr Samiran Panda, Head of epidemiology and infectious diseases at the Indian Council of Medical Research (ICMR)

## Avoid bunching of class XII marks in range of 95 or above: CBSE

The Central Board of Secondary Education (CBSE) opened the tabulation portal for the moderation of class XII marks on Friday. The portal will be closed on July 22, and the schools have been asked to follow the schedule strictly as the board has to declare the results by July 31. The schools have also been instructed to ensure there is no bunching of total marks in the range of 95 and above. "To aid the schools, CBSE has provided marks, including distribution of the marks, based on the best performance of the previous three years, which will be taken as reference for the purpose of moderation. Schools are directed to follow the reference distribution while moderating mass. Also, to ensure comparability and fairness at the higher range of marks, schools should exercise due diligence and ensure that there is no bunching of total marks in the range of 95 and above," said the circular sent to

### Education



the school heads. "They will, therefore, have to restrict the number of students at each level of overall marks from 95 and above, to ensure that this number is not more than the number of students scoring those overall marks, as per the best historic performance of the last three years," it stated.



## Get ready for EMOJIS THAT CAN TALK!

Social media giant Facebook has rolled out emojis with sound on Facebook Messenger. Called 'Soundmojis', it is a next-level emoji that lets users send short sound clips in a Messenger chat, ranging from clapping, crickets, drumroll and evil laughter, to audio clips.

- To check out Soundmojis, the users can head to the Messenger app, start a chat, tap the smiley face to open the expressions menu and select the loudspeaker icon
- From there, users can preview and send their favourite Soundmojis



## Max Verstappen Wins First-Ever F1 Sprint Race

Red Bull's Max Verstappen has won the first-ever F1 Sprint Race beating Lewis Hamilton. He also takes pole for British GP. It's a fourth straight pole for the Dutch driver and this win also adds three points to his kitty that extends his title lead

over Lewis Hamilton to 33 points. The Red Bull driver finished the 100km dash ahead of defending world champion Lewis Hamilton with Valtteri Bottas in the second Mercedes in third place. Meanwhile, World champion Lewis Hamilton who aced the qualifying on Friday to take top spot on the grid said that 'he gave his all' and Red Bull are very 'strong.'



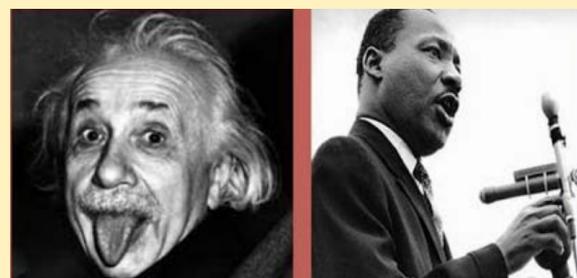
## \$4.7 MN

Price of Roger Federer's memorabilia (t-shirts, racquets, shoes, etc) that went under the hammer recently. The highlight of the online sale was a set of three racquets used at the 2019 Wimbledon Championships, which sold for £162,500 – more than 23 times above their estimate of £7,000-10,000. The combined proceeds from an online and a live auction – over three times more than his £1-million target – will go to the Roger Federer Foundation, which supports educational projects in southern Africa and Switzerland.



## FACTOID

## NASA's asteroid-exploring 'Lucy' spacecraft will carry the words of Einstein, Sagan and Martin Luther King Jr into space



NASA's Lucy mission to the Trojan asteroids, a group of space rocks that share Jupiter's orbit around the sun, will bring some inspired words from some very famous people with it when it launches in October 2021. Carl Sagan, Albert Einstein, The Beatles, Martin Luther King Jr and more, will be among the group...

- 1 Named after the fossil skeleton of a human ancestor, the Lucy spacecraft was also inspired by the hit Beatle's song, 'Lucy in the Sky with Diamonds'
- 2 NASA noted that these asteroids, which are beyond the main asteroid belt, are 'in many ways "fossils" from the formation and evolution of the planets'
- 3 In addition to the quotes, the plaque has an image of the solar system as depicted on the launch date of October 16, 2021 and the original trajectory of the craft

The object of the Lucy mission is to study these ancient asteroids in an effort to learn more about the solar system, as well as the origin of the planets

## MONSOON SPECIAL

pallavi.shankar@timesgroup.com

Rain is life saving. It's romantic and poetic. It raises the levels of underground water in cities and villages and provides relief after a long spell of summer. Enjoy it. Relish it. But while you do so, make sure you care for your delicate eyes in this weather that brings its own set of woes. Here are top tips

# Take care of your EYES in monsoon

## 6

### ways to keep eyes safe in rainy weather

Eye problems are commonly seen in monsoon. To keep your eyes in good condition, follow advice by experts

#### IS RAIN WATER SAFE FOR EYES?

Bollywood has romanticised rain since decades in movies where well-dressed actors sing and dance in the much-awaited first few showers of the monsoon. So far so good. But the rain water is not so innocent. "If you are venturing out in rain, don't allow rain water to enter your eyes directly because it consists of germs, microbes and pollutants, which can take a toll on your eyes. This can invite eye infections, allergies, redness, swelling, and burning of the eyes," informs Dr Ashwani Seth, ophthalmologist, Apollo Spectra Karol Bagh, Delhi. Sorry for spoiling it for you but rain water is not so clean anymore - in a polluted world!

#### WHAT CAN YOU DO IF PRE-RAIN DUST STORMS LEAVE YOU DUSTY EYED?

Dr SETH ADVISES: "Do not self-medicate and avoid using over-the-counter products, don't share your spectacles, and stay at home during dust storms. If you are outdoors during that time, then just wear your sunglasses or cover your eyes with a clean cloth."

#### CHILDREN, EYE CARE IS A MUST!

"If the rain water enters your eyes, clean it right away with running water. Don't use chemical-infused rose water to clean and cool your eyes as the chemicals (usually present) in the product can irritate already unclean eyes," suggests Dr Seth. Always wash your hands before touching your eyes. Hand hygiene is also crucial before wearing contact lenses to prevent any bacterial infections. If you are wearing lenses then be extra careful and wear protective shades to avoid rain water and dust from entering your eyes.

**1** Avoid using common towels, napkins, or handkerchiefs to clean the eyes - this will keep conjunctivitis at bay.

**2** Clean your contact lenses from time to time. Keep a pair of spectacles handy and wipe it with a clean cloth. Use eye drops recommended only by your ophthalmologist.

**3** Avoid rubbing your eyes, wash your eyes with the help of cold water to get rid of the dust particles if you get drenched in the rain.

**4** Limit the usage of electronic gadgets if you need to stay indoors.

**5** If you get a stye around your eyes, don't touch it; seek a medical professional's help immediately.

**6** Don't wear eye makeup if you are suffering from eye pain or eye allergy. Consult an ophthalmologist in case of fungal infections.



## ..WELLNESS..

## DIY REMEDIES FOR TANNED HANDS

#### Yoghurt and TURMERIC PACK

Yoghurt contains probiotics that lighten and moisturise the skin, while turmeric improves the uneven skin tone.

**RECIPE** Take a bowl of yoghurt and add 1 teaspoon of turmeric powder. Mix it together and apply the mixture on your tanned hands. Leave for around 20 minutes and rinse with cool water.

#### Sandalwood and TURMERIC POWDER

Take 2 teaspoons of sandalwood powder and turmeric powder and mix them well. Add 2 to 3 drops of rose water to this and mix together to make a thick paste. Apply this paste on your hands and leave it for 30 minutes. Rinse it off with clean water. This paste will improve the complexion of the skin and reduce tanning.



In summer and monsoon, the heat and humidity not only dehydrates our body but also makes our skin dull and dry. Our hands are subjected to the maximum amount of sun exposure (even on cloudy days) as it is difficult to protect them from the harmful UV rays. To remove tanning, try these DIY ideas

#### Almond paste

Almonds are rich in vitamins and are great for skin health. **RECIPE** Take 5 to 6 almonds and soak them overnight. In the morning, blend the almonds with a small amount of milk to make a smooth paste. Apply this paste and leave it overnight. Wash off in the morning with lukewarm water.



#### Aloe vera GEL

The antioxidants present in aloe vera gel protect your skin cells from damage and help in removing tanning. Take some fresh gel from the sap of aloe vera leaf and apply it on your hands. Leave it overnight and wash off with water in the morning.



#### Lemon Juice

The vitamin C in lemon juice protects the skin cells from UV rays.

**RECIPE** Take a bowl of warm lemon juice and soak your tanned hands in it for around 15 minutes. Rinse your hands with cold water and make sure you moisturise your skin after this as the acidic lime juice can make your skin dry.

#### Cucumber paste

This cool veggie is rich in vitamins that can refresh your skin and help in regaining the lost glow. Take 2 tablespoons of cucumber juice and add few drops of lemon juice to it. Apply this paste on your hands and leave it for 30 minutes before rinsing it off with cool water.



## DESI

### immunity booster

Try this easy-to-prepare herbal immunity booster shot to keep your immunity levels high at a time when the pandemic continues to ravage many parts of the country

#### How to make

**INGREDIENTS**  
10 Curry leaves,  
10 Basil leaves,  
1 tbsp honey

Grind curry and basil leaves together using mortar and pestle to make a fine paste. Once it is done, put this paste into a cup and add a tablespoon of honey to it. Consume 1 tablespoon of this paste every day in the morning on an empty stomach. You can also add an inch of grated turmeric root to it.