



THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ An expert shares tips on why and how to build 'a sense of purpose of existence' among kids for a better future
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➤ Want to make best use of old bangles, wool, beads, etc? Try out some wall decor with them and gift it to your loved ones
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STUDENT EDITION

THURSDAY, JANUARY 27, 2022



Ukraine is a country in Eastern Europe. It is the second-largest country by area in Europe after Russia, which it borders to the east and north-east

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73rd REPUBLIC DAY


India displays its military might and culture

India celebrated the Republic Day on Wednesday with the iconic parade at Delhi's Rajpath, showcasing its military prowess and cultural pageantry. PM Narendra Modi paid homage to the departed soldiers at the newly-built National War Memorial. The parade witnessed many firsts, including India's first woman Rafale fighter jet pilot, Shivangi Singh, as part of the Indian Air Force

tableau. The parade also featured its biggest-yet fly-past, with 75 aircraft from all three services on display. The Army's marching contingents displayed evolution of uniforms, rifles since independence. Meanwhile, swachhagrah, frontline workers, auto rickshaw drivers, construction workers and labourers, who prepared the majestic tableaux were also among the guests invited this year to the parade.



RUSSIA-UKRAINE CRISIS

The United States and NATO have described the movements and concentrations of troops in and around Ukraine as "unusual." As many as 100,000 Russian troops have remained amassed at the Ukrainian border, despite warnings from the US President Joe Biden and European leaders of serious consequences, should Putin move ahead with an invasion...

WHAT? Russia has now deployed more than 127,000 troops near Ukraine, including some 21,000 air and sea personnel, transferred more-operational-tactical missiles to the border, and increased its intelligence activity against the country. The assessment came after three rounds of diplomatic talks, between Russia and the West aimed at de-escalating the crisis, failed to produce a resolution. The US officials have said a Russian invasion of Ukraine could happen at any point in the next month or two.

HOW BIG IS THE RISK OF INVASION?

Russia says it has no plans to attack Ukraine. But tensions are high and President Vladimir Putin has threatened "appropriate retaliatory military-technical measures" if what he calls the West's aggressive approach continues

WHY is Russia threatening Ukraine?

Russia denies planning any invasion, but it has seized Ukrainian territory before. Russia has long resisted Ukraine's move towards European institutions, and NATO in particular. Ukraine shares borders with both the EU and Russia, but as a former Soviet republic, it has deep social and cultural ties with Russia, and Russian is widely spoken there. When Ukrainians deposed their pro-Russian president in early 2014, Russia annexed Ukraine's southern Crimean peninsula and backed separatists, who captured large swathes of eastern Ukraine. The rebels have fought the Ukrainian military ever since in a conflict that has claimed over 14,000 lives.

WHAT does Russia want from NATO?

Moscow accuses NATO countries of



THE ORIGIN: Tensions between Ukraine and Russia, both former Soviet states, escalated in late 2013 over a landmark political and trade deal with the European Union. After the pro-Russian then-President, Viktor Yanukovich, suspended the talks — reportedly under pressure from Moscow — weeks of protests in Kyiv erupted into violence. Then, in March 2014, Russia annexed Crimea, an autonomous peninsula in southern Ukraine with strong Russian loyalties, on the pretext that it was defending its interests and those of Russian-speaking citizens. First, thousands of Russian-

"pumping" Ukraine with weapons and the US of stoking tensions. In reality, Russia wants NATO to return to its pre-1997 borders (before the first eastern European countries were invited to join the alliance). It demands no more eastward expansion and an end to NATO military activity in Eastern Europe. That would mean combat units being pulled out of Poland and the Baltic republics of Estonia, Latvia and Lithuania, and no missiles deployed in countries such as Poland and Romania.

speaking troops, dubbed "little green men" and later acknowledged by Moscow to be Russian soldiers, poured into the Crimean peninsula. Within days, Russia completed its annexation in a referendum that was slammed by Ukraine and most of the world as illegitimate. Shortly afterwards, pro-Russian separatists in Ukraine's Donetsk and Luhansk regions declared their independence from Kyiv, prompting months of heavy fighting. Despite Kyiv and Moscow signing a peace deal in Minsk in 2015, brokered by France and Germany, there have been repeated ceasefire violations.

WHAT does Russia want with Ukraine?

Russia seized Crimea in 2014 arguing it had a historic claim to it. Ukraine was part of the Soviet Union, which collapsed in December 1991 and Putin said it was the

■ The North Atlantic Treaty Organisation or Atlantic Alliance (NATO) is an international political and military organisation with the aim of guaranteeing the freedom and security of its members through political and military means

■ NATO was founded by 12 countries, signatories of the Washington Treaty: the US, Canada, Belgium, Denmark, France, Holland, Iceland, Italy, Luxembourg, Norway, the UK and Portugal. Subsequently, Greece and Turkey joined in 1952, Germany in 1955; Spain, in 1982; Hungary, Poland and the Czech Republic in 1999, these being the first former Communist countries to join NATO

"disintegration of historical Russia".

HOW far will the West go for Ukraine?

The US has made clear that it has no plans to send combat troops, while being committed to helping Ukraine defend its "sovereign territory". The main tools in the West's armoury appears to be sanctions and military aid in the form of advisers and weapons.

Is the West united in its response?

Washington has said it is committed to "working in lockstep" with its allies, but there are divisions between the US and Europe. European leaders are adamant that Russia cannot just decide on the future with the US. France has even proposed that Europeans work together with NATO and then conduct their own dialogue with Russia.

(Source: BBC, CNN & agencies)

Quote unquote



It's true that we will be living with Covid for the foreseeable future and that we will need to learn to manage it through a sustained and integrated system for acute respiratory diseases to help prepare for future pandemics. But learning to live with Covid cannot mean that we give this virus a free ride. It cannot mean that we accept almost 50,000 deaths a week from a preventable and treatable disease. We can end Covid-19 as a global health emergency, and we can do it this year by reaching goals like WHO's target to vaccinate 70 per cent of the population of each country by the middle of this year, with a focus on people who are at the highest risk of Covid-19, and improving testing and sequencing rates to track the virus and its emerging variants more closely.

TEDROS ADHANOM GHEBREYESUS, SECRETARY GENERAL, WHO



TATA CHIEF, NADELLA, PICHAI AMONG PADMA AWARDEES



Tata Sons' chairman N Chandrasekaran, heads of two homegrown vaccine makers Serum Institute of India's Cyrus Poonawalla and the Ellas of Bharat Biotech, and two high-profile Indian origin CEOs leading global tech giants — Satya Nadella and Sundar Pichai — have been awarded the Padma Bhushan.

■ On the list of 128 Padma award winners, there were nine from trade and industry, with business representation in Padma Bhushan — the third-highest civilian award after Bharat Ratna and Padma Vibhushan — being nearly one third

■ The others on the list are homegrown businessmen and entrepreneurs such as hosiery maker Rupa's CMD Prahlad Rai Agarwala, who will be awarded Padma Shri. Similarly, Manipur's Muktamani Devi, who set up Mukta Shoe Industry, that makes handcrafted footwear, is also being awarded the Padma Shri

IMF LOWERS GDP FORECAST FOR FY22 TO 9% FROM 9.5%

India's economy is estimated to grow by 9% in the current fiscal year, a tad slower than the International Monetary Fund's (IMF) earlier forecast of 9.5% due to the impact of the third Covid wave.

■ The IMF, which released its World Economic Outlook, raised India's GDP growth estimate to 9% for 2022-23 from its earlier estimate of 8.5% in October and for 2023-24 it forecast the economy to grow by 7.1%. On a calendar year basis, the IMF said India's growth is projected at 8.7% in 2022 and 6.6% in 2023

Twitter's upcoming feature could share tweets with up to 150 select users

Micro blogging site Twitter is reportedly developing a feature that will allow users to curate a list of people — up to 150 users — to send certain tweets. If this sounds familiar, it is because Instagram's 'Close Friends' feature lets you do the same thing; but in Twitter's case, you will be limiting your tweets to your 'Flock', The Verge reported. Twitter first gave a glimpse of the feature last July, which it called 'Trusted Friends' at the time.

1 According to the report, Twitter seems to be working on a page that shows more information on Flock, which explains you can add up to 150 members

2 Only those 150 users can view or reply to tweets sent out to your Flock. And in case you decide you do not want someone in your Flock anymore, Twitter notes you can remove people from your list at any time, and they won't get a notification

3 If you are in someone's Flock and they send out a tweet, a label may appear beneath that tweet

4 To send a tweet to your Flock, Twitter will display an audience option before you send it out, letting you choose between all of Twitter and your selected users



■ Twitter launched invite-only Communities back in September, a similar feature that lets you connect with users with shared interests

■ Just like you can limit your tweets to your Flock, you can send out tweets to a specific Community rather than all your followers

ADVICE

POWER of PURPOSE



Imagine that your five-year-old sits down to do an activity such as painting, drawing, craft, or even learning a musical instrument and doesn't want to get up before completing the task. Or that your 8-year-old comes back from school and immediately sits down to complete homework before going to play. Or that two weeks before the exam, your 14-year-old surrenders his phone to you, saying, "Mom, I will take it twice a day to check my messages. But I want you to keep it, since this is too much of a distraction from studies." Utopia? Not really. This is exactly the kind of behaviour you can expect from children brought up by Active Parents. Because one of the three key principles of Active Parenting is bringing up children to take responsibility for their own lives so that parents can progressively give them more and more autonomy and lead their own lives in a stress-free manner, knowing that their children are on the right path. One of the key attributes for success that Active Parenting builds is Purposefulness.



HERE ARE A FEW WAYS TO BUILD PURPOSEFULNESS IN CHILDREN

1 In early childhood, DO NOT expose children to the screen – phone, tablet and laptop. TV time should be limited to a maximum of 30-60 minutes a day. Screen addiction reduces attention span and hence the ability to focus on tasks drastically.

2 Resist the temptation to give in to demands and tantrums from children or to your own need to get them off your back so that you can do other things.

3 Engage the children in other interesting hands-on activities such as painting, gardening,

crafts, carpentry, pottery, Lego, electronic or robotic kits, etc. from early on so that they get into the habit of focusing.

4 Tell them loads of stories of purpose driven individuals who showed great determination in achieving goals.

5 Get them to follow a daily routine of meditation as well as practice of some



Ram G. Vallath is an IITian, international life coach, motivational speaker and the best-selling author of 'Active Parenting: How to Raise Children with Boundless Potential'

Purposefulness is essential for success, and parents need to inculcate this from early childhood.

AWARENESS

COVID vaccine side-effects:

WHY KIDS BETWEEN 15-18 YEARS SHOULD NOT BE GIVEN PARACETAMOL AND WHAT TO GIVE THEM FOR RELIEF

Experiencing side-effects such as headache, fever and pain in the arm is common after getting the Covid-19 jab. It is a sign that the Covid vaccine is doing its job of building immunity in the body. For relief from side effects, adults are generally prescribed paracetamol or pain killer, but in case of kids, the prescription differs.

Ever since the vaccination drive for teenagers between 15-18 years started in India, there has been some confusion about taking paracetamol or any painkiller to ease the side effects. Clearing the doubts, the drug manufacturers recently stated that these two types of drugs should not be given to kids.

Reacting to reports as per which some immunisation centers were recommending paracetamol 500 mg tablets after the shot, Bharat Biotech, the vaccine manufacturer of Covaxin released a statement in which they made it clear that "No paracetamol or painkillers are recommended after being vaccinated with Covaxin." They asserted that paracetamol was recommended for some Covid-19 vaccines, but is not recommended for Covaxin. They said the symptoms experienced post vaccinations are mild and generally go away on their own in 2-3 days. Besides, side effects are signs that the vaccine is doing its job and not taking medicines helps to build a strong immune response against Covid-19.



WHAT HAPPENS WHEN YOU GIVE PARACETAMOL TO KIDS

According to Dr Neelam Mohan, Director-Paediatric Gastroenterology & Hepatology, Medanta hospital, excessive intake of paracetamol can lead to hepatotoxicity, which is referred to as liver damage caused by drug exposure.

She further said that it is crucial to give paracetamol in the right dosage and only when the symptoms appear in contrast to what some vaccination centre officials were recommending. "Since the weight among these children could be varying, we could vary from

10-15 mg/kg with the maximum dose to 500-650 mg tablets of paracetamol. Kids shouldn't have more than 4 tablets in 24 hours as overdose of paracetamol leads to liver toxicity," she said.

Regular use of paracetamol can be dangerous for anyone, including kids. Paracetamol should be given in case of an emergency, that too after consulting the doctor.

Experiencing symptoms like mild fever, headaches, pain in the injection site is common after getting the jab. Only a few kids do not experience these symptoms. But it does not mean that the vaccine is not working. If your child experiences any such symptom after getting the jab, instead of reaching out for paracetamol, first try other methods for relief.

Dr Neeta Kejriwal, Consultant Pediatrician, HCMCT Manipal Hospital, Dwarka, suggests applying cold compress or ice packs on the injection site to reduce soreness and pain. For nausea or vomiting, she advises consulting the pediatrician. In case of mild fever, you can give paracetamol, only after consulting the doctor. If your kids experience severe side effects and have a high fever, immediately seek medical help.

Make sure your kids eat nutritionally rich foods, take enough rest and drink a lot of water for quick recovery from the side effects

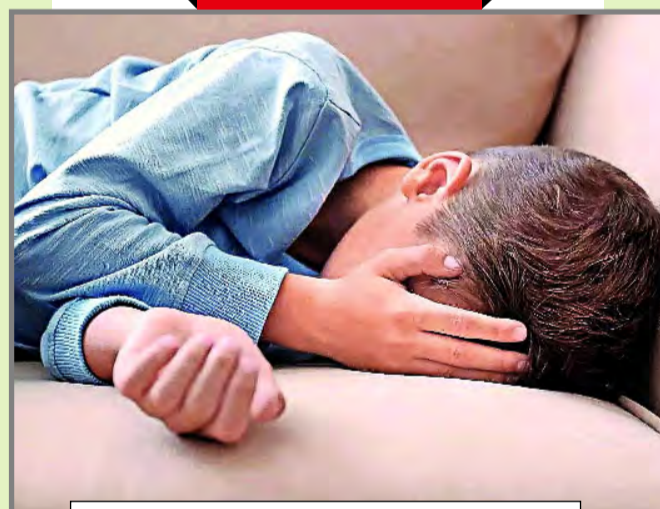


My son tolerates bullying from his friends

CONCERN



QUERY: My 15-year-old son has a very thick group of friends but I have seen how they all bully him all the time and strangely he is ok with it. Whenever I have tried confronting him why he takes their bullshit, he tells me they are his friends and he will manage. I don't want my boy to be a weak man. He should know how to stand up for himself. Please help.



DR PREETI PARAKH, MD Psychiatry, Psychiatrist & Head, Mpower The Centre, Kolkata

RESPONSE BY DR PREETI PARAKH: Well, your son is standing up for himself when he tells you not to meddle. Most kids are teased by their friends at some point, and are not hurt by it. But when teasing becomes malicious and constant, it becomes bullying. Children who are being bullied usually try to avoid the situations that bring them in contact with the bullies. Sometimes there also are behavioural changes like appearing anxious or upset. Your son seems to be making no efforts to avoid this particular group of friends. If being with these friends does not upset him, I do not think he feels bullied. Rather than being weak, he appears to be quite strong and confident. I am sure he will be able to stand up to his friends if needed, just like he has stood up to you.

Four chores to assign to your preschooler to foster initiative

LIFE SKILLS

HERE'S HOW TO ASSIGN CHORES TO KIDS

Children deserve all your love, care and pampering while growing up but it is also imperative to inculcate other qualities in your child so that they develop into a well-mannered individual. Like playing activities and group tasks help children learn the importance of teamwork and helping each other out, assigning them tasks at home can help foster values of initiative, responsibility, organisation and working together. Here are five chores that you can trust your preschooler with and have him learn values that will benefit him in the future.



MAKING BED

Right from the time one wakes up, the first organisational task that one should do is making one's bed. Asking your child to make their bed is the first step towards organisation. This makes the child aware of its surroundings and the need to have cleanliness in the spaces that they inhabit. The child would need some assistance in the beginning and their work might even need finishing for some time until they learn it completely.



DUSTING

Start with asking them to wipe certain surfaces that are easily reachable and not too difficult to clean. This can later on be expanded to more surfaces, objects and finally to the child's room. It is also recommended to use natural cleansers such as vinegar instead of anything that has harsh cleaning chemicals. Wiping the table after dinner is also a good starter.



WATERING PLANTS

Watering plants is a simple task that children can perform even at a young age. It develops qualities of nurturing, growth and responsibility in children. Assigning this weekly or bi weekly task to your child is another great way of inculcating responsibility in them.

ORGANISING TOYS

Once your child starts playing, the room becomes a complete mess. Asking your children to put things in their place will help them learn about the space they live in and will also make it easy for them to find toys the next time they want to play. Initially, you will have to be very specific with your instructions so that they can find their way around a lot of things at once. Once they learn to clean certain spaces, they will be independent enough to know how to proceed.

