



# THE TIMES OF INDIA

www.toistudent.com

**TODAY'S EDITION**

Learn more on how gender stereotyping of toys can be avoided on Family Time

**PAGE 2**



If I were a mask... a student imagines himself to be a mask, and wishes to act as a protector from deadly diseases in these tough times

**PAGE 3**



Wimbledon 2022: Injury-plagued Nadal to meet Nick Kyrgios in semi-finals

**PAGE 4**



**STUDENT EDITION**

FRIDAY, JULY 8, 2022



The 27 km-long LHC at CERN is the machine that found the Higgs Boson particle

**CLICK HERE: PAGE 1 AND 2**

## Humanity to reach Mars in your lifetime: Elon Musk

Tech billionaire Elon Musk is optimistic, and has expressed confidence that "humanity will reach Mars in your lifetime". On Twitter, the Tesla and SpaceX CEO wrote that "without a common goal, humanity will fight itself". "Moon brought us together in 1969, Mars can do that in the future," Musk said.

Last month, the tech billionaire said that his space venture SpaceX aims to build over 1,000 Starships to transport life to Mars. The Tesla CEO had stated that making life multi-planetary will help back up the ecosystems on Earth, and added that apart from humans no other species can transport life to Mars

Referring to Biblical patriarch Noah, who built an Ark that survived the great flood on Earth, Musk said his Starship models will be "modern Noah's Arks", that can save "life from a calamity on Earth"

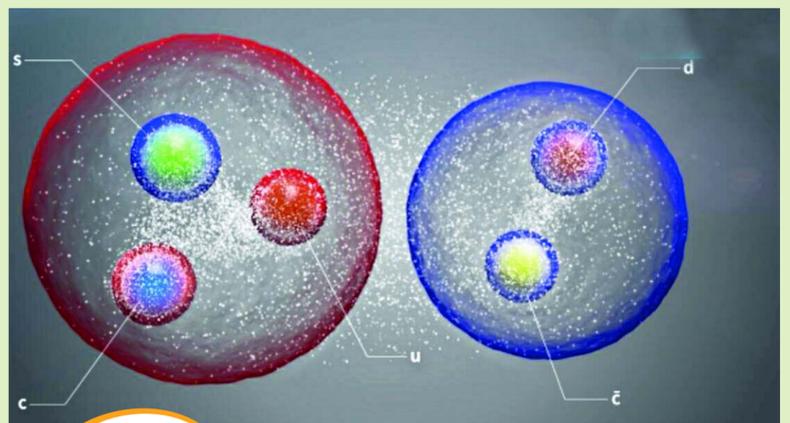
SpaceX is developing Starship to take people and cargo to the moon, Mars and beyond

The vehicle consists of two elements: a first-stage booster called Super Heavy and an upper-stage spacecraft known as Starship



## LHC DISCOVERS THREE NEW 'EXOTIC PARTICLES'

Scientists working with the Large Hadron Collider (LHC) have discovered three subatomic particles never seen before as they work to unlock the building blocks of the universe, the European nuclear research centre CERN said on Tuesday. Scientists at CERN say they have observed a new kind of 'pentaquark' and the first-ever pair of 'tetraquarks', adding three members to the list of new hadrons found at the LHC. The discovery will help physicists understand how quarks bind together into composite particles. The new structures exist for just a hundred thousandth of a billionth of a second and are built out of quarks, the tiniest particles ever discovered.



**The existence of the Higgs Boson is one reason why everything we see, including ourselves, all planets and stars, has mass and exists - hence why it was called the 'God Particle'**

The latest discovery comes almost exactly 10 years after the the Large Hadron Collider's discovery of the famous Higgs Boson, dubbed the 'God Particle'.

- Quarks are elementary particles that usually combine in groups of twos and threes to form hadrons, such as the protons and neutrons that make up atomic nuclei
- Particles made of quarks are known as hadrons
- Atoms contain smaller particles called neutrons and protons, which are made up of three quarks each, while this 'exotic' matter is made up of four and five quarks - known as tetraquarks and pentaquarks

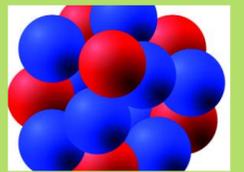


The particles discovered are one new pentaquark and two tetraquarks, taking the total number found at the Large Hadron Collider in Switzerland to 21

### THE SIGNIFICANCE

Researchers are excited about their new findings because there are now enough of these particles to begin grouping them together in a way that is similar to the chemical elements in the periodic table

"Finding exotic particles and measuring their properties will help theorists develop a model of how these particles are built, the exact nature of

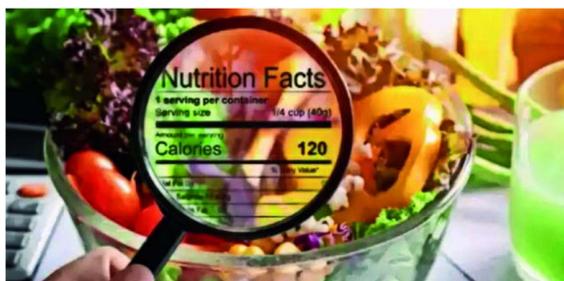


which is largely unknown," according to Chris Parkes, professor of experimental particle physics at the University of Manchester

"It will also help to better understand the theory for conventional particles, such as the proton and neutron"

Reuters, Dailymail

## FSSAI issues new rules for online food platforms



The Food Safety and Standards Association of India (FSSAI) has come up with new rules regarding packaged foods. While earlier, the association came out with the rules on vegan products, now it's about the labelling of food delivered by online food platforms. In a letter issued by FSSAI to all the Food Business Operators (FBOs), it has asked to ensure compliance with its regulations related to the display of nutritional value by food service establishments. These new rules, which came into effect from July 1, are hailed as more customer-friendly. According to Arun Singhal, the chief executive officer of FSSAI, the move is aimed to inform people about what kind of food they are ordering online and the kind of nutritional and allergen content. He further said, "People should know what they are eating. In packaged food, they have labels, but for cooked cuisines, such as Dal Makhani or Butter Chicken, they do not have labelling. Menu labels for cooked food will sensi-

The letter clearly says that "All e-commerce food business operators are directed to enable provision in their online platforms, including mobile applications for display of nutritional information... so that FBOs registered on your respective platforms would be able to feed and update such information in respect of each dish/food they are offering for sale." This means that all the people selling food on online food platforms will have to display calorific value and information related to nutrition and allergen

Those who fail to follow these rules, will be issued an improvement notice. Repeat offence will lead to cancellation of license

**Q: IS IT A GOOD MOVE? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM**

### Spotlight

## RIHANNA

### America's youngest self-made billionaire

In a massive feat, global pop sensation Rihanna has emerged as the youngest self-made billionaire woman in the United States. The 34-year-old singer, who now has a net worth of \$1.4 billion, was named on Forbes' annual list of America's richest self-made women. The next-youngest billionaire on the Forbes' list after Rihanna is Kim Kardashian. The 41-year-old has a net worth of \$1.8 billion.

In the prestigious Forbes' list, Rihanna is placed at the 21st position and is the only billionaire under 40 years of age. The nine-time Grammy Award winner has built her fortune from her immensely successful singing career as well as from her entrepreneurial ventures that have gone on to touch newer heights in the past few years



## ACE ATHLETE P T USHA, MUSIC MAESTRO ILAIYARAJA NOMINATED TO RAJYA SABHA



The government has nominated four noted personalities, including celebrated athlete P T Usha and music maestro Ilaiyaraaja to the Rajya Sabha. Veerendra Hegde, the head of the famous Dharmasthala temple in Karnataka and a philanthropist, and screenwriter K V Vijayendra Prasad, who is from Andhra Pradesh and is known for blockbusters like 'RRR', the 'Baahubali' series and 'Bajrangi Bhaijaan', were the two other choices.

## THE TIMES OF INDIA

**GOOD TO KNOW**  
Why do we get into a food coma and is there a way to prevent the mid-day slump?

**#GOALS**  
We celebrate Hollywood's 'Mr Nice Guy' Tom Hanks' birthday (July 9) with some of his most quotable quotes from past interviews

**HEALTH**  
Be aware of these monsoon woes as rising humidity means more than just frizzy hair and oily skin

**SELF-CARE**  
The therapeutic benefits of essential oils



**STUDENT EDITION**

SATURDAY, JULY 9, 2022



### TRIVIA TIME

July 7 was World Chocolate Day. We celebrate this 'food of the Gods' that has cast a spell on most of us by its heady, one-of-its-kind flavour

### BOOKS & MOVIES

Celebrating Nikola Tesla Day (July 10) with movies and books on the life of the famous physicist

**PLUS:** How to read like a champion

**SPORTS**  
How Tokyo Olympic medalists are gearing up for upcoming events



## HEALTH AND FITNESS

# MONSOON ILLNESSES TO SAFEGUARD YOUR CHILD FROM

Monsoons are here and we're all expecting some respite from the heat. However, with monsoons, there is always an increased danger of various illnesses. Especially, when it comes to kids, parents must be extremely vigilant. Not only do the rains welcome a host of diseases and infections, but it also creates an environment where the viruses thrive. The humidity and high moisture content in the air becomes a breeding ground for the microorganisms that cause illnesses.

Some of the common illnesses to be aware of in the monsoons are as follows:

## COMMON COLD AND FLU

The rainy season gives light to a number of airborne diseases, including the common cold and the flu infection. A common cold occurs due to a sudden change in the temperatures, and affects people with weak immune systems. Flu or influenza spreads from one person to another through aerosol droplets in the air.

Symptoms include a mild fever, cough, sore throat, runny nose, fatigue, body pain, and in some cases, gastrointestinal issues.

## VECTOR-BORNE DISEASES

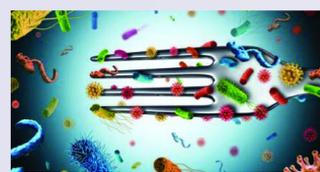
Malaria, dengue and chikungunya are some of the most common mosquito-borne illnesses. Those suffering from these illnesses may develop debilitating symptoms including high fever, extreme body pain, rashes, vomiting, joint pain, fatigue and abdominal cramps. In most cases of vector-



borne illnesses, medical attention is crucial. Keeping hydrated, eating nutrient-dense foods, and rest are some of the things that help treat illnesses.

## FOOD AND WATER-BORNE DISEASE

Food and water-borne diseases such as typhoid, cholera, leptospirosis and jaundice are common during the rainy seasons.



These occur due to poor sanitation and consumption of contaminated foods and water. Such illnesses can lead to wide-ranging symptoms, like fever, headache, joint pain, diarrhoea and abdominal cramping.

Hepatitis A is a viral infection that can also spread from contaminated food and water. It can cause inflammation in the liver and lead to symptoms like fatigue, fever, tenderness in the stomach, yellow eyes, dark-coloured urine, and a sudden loss in appetite.

## FUNGAL INFECTION

Given that the monsoons raise humidity and moisture in the air, it gives light to several fungal infections. The damp conditions makes it a perfect host for various fungi, promoting their growth. That said, fungal infections become extremely common during the rainy season. Some of the common infections include the athlete's feet, which is a contagious fungal infection affecting the skin on the feet and can spread to the toenails and sometimes the hands. Ringworms are also common occurrences characterised by round, scaly, crusted patches on the skin. Fungal nail infections can also occur affecting the fingernails or toenails. All these fungal conditions can be prevented by maintaining good hygiene.

## WHAT CAN PARENTS DO?

During monsoons, parents must take extra caution. While letting your child enjoy the rains and make memories is of utmost importance, it is as important to build their immune system and take preventive measures.

**1** A healthy diet plays a significant role. Make sure your child's diet involves green wholesome vegetables, fresh fruits, milk, eggs, and nuts. Ensure that they stay hydrated throughout the day. Do not let them feast too much on spicy, sugary, processed foods.

**2** Other than that, I help them maintain good hygiene. Ensure they wash their hands frequently, especially, when they touch potentially contaminated surfaces or use a restroom.

**3** If your child gets wet in the rain, immediately change their clothes and keep them dry and warm. With mosquitoes buzzing around, dress your children with full-sleeved clothing.



## EXPERT TALK

## Why your kid may not speak up about getting bullied

Bullying is a serious matter of concern, especially, in today's time where digital space has also become a hotspot for it. But what's shocking is that it is often overlooked or undetected.

One of the primary reasons why bullies escape or evade consequences is because the victims choose to let the instances go unreported. Children who are often subject to bullying go through a myriad of emotions and stressful situations. They experience anxiety, have low self-esteem and are fearful of their suppressor – some of the major reasons behind why they do not tell anyone about the problem.

## FEAR OF MAKING THINGS WORSE

Children who are bullied feel powerless and are always in fear. They want to seek help, tell their parents about what they are going through, but the thought of how their parents are going to react, how they are going to jump in to fix things and mend ways, scares them. What frightens them even more is retaliation from their bully. The revenge that they'll seek on them and how they'll make their lives worse than it is already. This is why victims of bullying fight their own battles, let the storm pass on their own.

## SHAME CAN TAKE OVER

As far as bullying is concerned, it is all about power and control. The bully feels mighty and powerful, whereas the bullied or the victim feels weak, making them subject to shame and embarrassment. In certain cases, kids may be bullied for something they are already conscious about,

## EMOTIONAL AND BEHAVIOURAL SIGNS OF BULLYING INCLUDE:

- Extreme mood swings
- Isolation
- Changes in sleep and eating patterns
- Increased sibling fights
- Aggressive behaviour
- Withdrawal from family and loved ones
- Getting poor grades in school



## Signs of bullying parents should watch out for?

Parents who want to make sure their children are safe and secure, here are certain signs of bullying in kids you must watch out for:

such as their physical appearance. Other times, they may be targeted for something they did in the past. Either way, they may feel embarrassed to talk about it to anyone.

## THE WANT FOR ACCEPTANCE

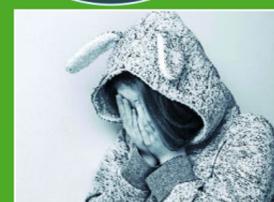
Victims of bullying have a strong want for acceptance, to fit in and be a part of the pack, which is why they never tell on their bullies or give them away. Sometimes, they even act like their bullies and tolerate fake friendships, just to maintain their part in the social ranking.

## WILL THEY BELIEVE ME?

Most of the time, bullies are great at hiding their maliciousness. They are usually on good terms with the teachers, coaches and other peers, and since they are popular, no one even dares to doubt them. Therefore, the victims are almost compelled to think that not only will they take their side or believe them, So why tell at all?

## PHYSICAL SIGNS MAY INCLUDE:

- Unexplained bruise marks, cuts and scratches on the body
- Returns home with missing or damaged belongings
- Frequent headaches or stomach pain



## How gender stereotyping of toys can be avoided

## PARENTING 101

Sex and gender have been used interchangeably for aeons. Even today, many associate one's sex, which is the biological and physiological characteristics of males and females, with their gender, the socially constructed characteristics of women and men. What we are born as has nothing to do with what is expected of us in the form of norms, roles and relationships. That said, gender stereotyping i.e., the practice of ascribing an individual with specific roles, characteristics and attributes, has made it difficult for people to be as they are, to feel what they want and to do.

This practice starts from a young age. When a parent picks out toys for their children, most commonly, it is the pink doll (supposedly more feminine) for the girl child and the big truck or a toy gun (more masculine or macho) for the boy-child.

According to the social norms, which are not bound by any official laws, certain toys are said to be appropriate for girls and others made for boys. Irrespective of what the child wants for himself or herself, society is keen to decide what toys are best suited for them. This instantly creates a chain of other stereotypical behaviours in kids, where they are constantly pressured to act according to what is expected of them by society.

As parents, it is important to know that you are not imposing gender stereotypes on your child while selecting toys. Here's how you can break the barriers and avoid stereotyping toys.

## Pick toys based on their safety, not based on the sex of your child

● Toys can be educational, fun and great for your child's development, but some toys can be harmful for both your child's physical and mental wellness. Instead of trying to pick toys based on your child's sex, select toys that are safe for them.

● Do not limit your sons from playing with dolls and similarly, do not keep your girls away from playing with race cars.

● Similarly, toy companies should take initiative to build a safe and more equal environment for kids.

● In October 2021, Lego, a Danish toy production company, announced to work towards removing gender bias from its toys after research found girls were being held back by gender stereotypes.

● "The company will ensure any child, regardless of gender identity, feels they can build anything they like," the company said in a statement.



## Let your kid decide what they want

● Your child's choices and their wishes should come above everything else. Even though picking out toys seems like a trivial thing to have a dialogue around, it is a conversation parents must have.

● It is important that you let your child decide what they want. Let them start early in age and the best way to do that is by letting them have a say in what toys they want.

## 'Me-Timers': Hello July! It's your birthday month

For a July kid, a birthday means summer-filled activities and celebration. July babies are joyful, spirited and friendly. They are amazingly wonderful, kind hearted, peaceful and unique in their own way. Being people-pleasing they assure to make everyone happy. July borns are patient and are known to exercise self-control and self-discipline most of the time. The super amazing July born is liked by all. Let's pull out a few amazing facts about them.

## PRACTICAL AND LOGICAL

July kids are worldly-wise, they apply logic before taking any action. The tasks executed by them are perfectly performed and they are ready with the solution for any problem. They understand the practicality of every situation. They are

thoughtful, actionable and inquisitive as they want to gain experience and knowledge.

## POSITIVITY THINKERS

July borns are a highly optimistic lot as they know how to stay positive in any difficult situation. Instead of losing hope, they try to find ways to make things perfect, they believe that things will be alright at the end and therefore never nurture feelings of hopelessness or dejection. They never allow any pes-

simistic thoughts to rule their minds.

## CLOSENESS WITH THE FAMILY

These kids are family-oriented and are quite overprotective and sensitive towards their family. They ensure that the family is doing well and are very caring towards all the members of the fami-

ly. July kids believe in retaining love and affection within the family and keep their family above everyone else.

## MOODS SWINGS

July kids have mood swings in excess. Their mood changes several times a day just like the weather. Their fluctuating mood, at times, becomes a cause of worry to others, at a time you may find them jovial and happy and the very next moment they become angry or emotional. Despite trying to control mood swings, they are helpless about it.

TNN Desk

Disclaimer: This is an internet curation done by the Times of India desk, views are personal.

