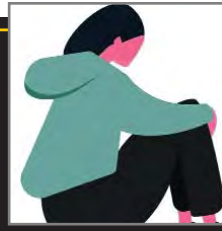




THE TIMES OF INDIA

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**TODAY'S
EDITION**

➤ An expert shares tips on how to deal with stress and steps towards building confidence

PAGE 2


➤ From learning to say NO to appreciating concern, we tell you how privacy etiquette can make our life easier

PAGE 4


➤ Leylah Fernandez delights home crowd with winning return at Toronto Open

PAGE 6

STUDENT EDITION

WEDNESDAY, AUGUST 10, 2022

**THE
nfe**
Newspaper for Education

Exit WhatsApp group privately, choose who can see you online: Zuckerberg

Meta Founder and CEO Mark Zuckerberg on Tuesday announced three key privacy features in WhatsApp, giving users more control over their conversations and added layers of protection when messaging. New features allow WhatsApp users to exit group chats without notifying everyone, control who can see when you're online and prevent screenshots on view once messages.

- WhatsApp users will now be able to exit a group privately without having to notify everyone.
- "Now, instead of notifying the full group when leaving, only the admins will be notified. This feature starts to roll out to all users this month," said the social network.
- WhatsApp also introduced the ability to select who can and can't see when you're online. The feature will start rolling out to all users this month.
- WhatsApp is also enabling screenshot blocking for 'View Once' messages for an added layer of protection.

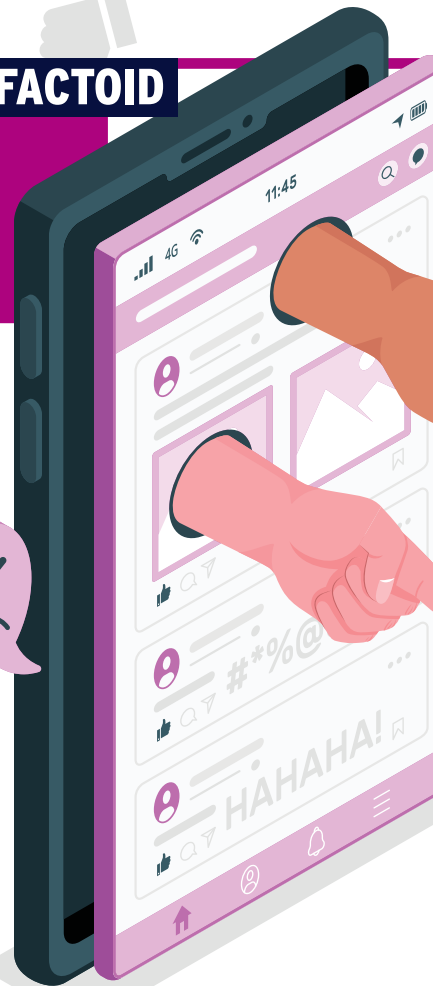
India to get its first-ever underwater metro likely by June 2023



Indians could soon get to ride in the country's maiden underwater metro service, as the Kolkata Metro Rail Corporation (KMRC) on Monday shared that the East-West corridor project is expected to be completed by June next year. The underwater metro will connect Salt Lake to Howrah via Kolkata with a 500-metre stretch below the Hooghly River. It is currently operational between Sector V and Sealdah stations. The tunnels, for the route, were created in 2017.

85%

That's the percentage of Indian children, who have been cyberbullied, according to a new report by cybersecurity firm McAfee. Believed to be the highest globally, the report claims that Indian children are reported being cyberbullied, as well as having cyberbullied someone else at rates well over twice the international average. The report is based on a survey of over 11,500 parents and children (between 10-18 years) across 10 countries, including the US, UK, Germany, Canada and India, among others...

FACTOID


WHAT IS cyberbullying and how to deal with it

WHAT IS CYBERBULLYING

According to UNICEF, cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behaviour, aimed at scaring, angering or shaming those who are targeted. Face-to-face bullying and cyberbullying can often happen alongside each other. But cyberbullying leaves a digital footprint

WHAT ARE THE EFFECTS OF CYBERBULLYING?

- UNICEF says when bullying happens online it can feel as if you're being attacked everywhere, even inside your own home. It can seem like there's no escape. The effects can last a long time and affect a person in many ways:
- Mentally - feeling upset, embarrassed, stupid, even afraid or angry
- Emotionally - feeling ashamed or losing interest in the things you love
- Physically - tired (loss of sleep), or experiencing symptoms like stomach aches and headaches
- The feeling of being laughed at or harassed by others, can prevent people from speaking up or trying to deal with the problem. In extreme cases, cyberbullying can even lead to people taking their own lives.

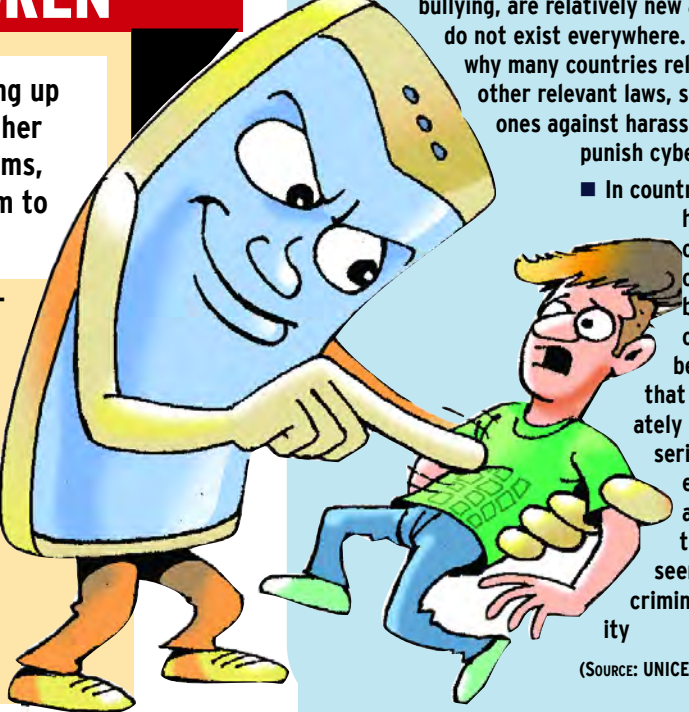
HOW DO WE STOP CYBERBULLYING WITHOUT GIVING UP ACCESS TO THE INTERNET?

- If you experience cyberbullying, you may want to delete certain apps or stay offline for a while to give yourself time to recover. But getting off the Internet is not a long-term solution. It may even send the bullies the wrong signal - encouraging their unacceptable behaviour.
- Think twice before posting or sharing anything on digital platforms; report hurtful comments, messages, photos and videos and request they be removed.
- Besides 'unfriending', you can completely block people to stop them from seeing your profile or contacting you.

TYPES OF CYBERBULLYING FACED BY CHILDREN

IS THERE A PUNISHMENT FOR CYBERBULLYING?

- Laws against bullying, particularly on cyberbullying, are relatively new and still do not exist everywhere. This is why many countries rely on other relevant laws, such as ones against harassment, to punish cyberbullies
- In countries that have specific laws on cyberbullying, online behaviour that deliberately causes serious emotional distress is seen as criminal activity



(Source: UNICEF)

1 According to Gagan Singh, Chief Product Officer, McAfee, Cyberbullying in India reaches alarming highs as more than 1 in 3 kids face cyber racism, sexual harassment, and threats of physical harm as early as at the age of 10

2 Other forms of cyberbullying, include trolling, personal attacks, sexual harassment, threat of personal harm and doxing, all of these at

Indian children reported cyberbullying up to 1.5 times more than children in other countries across 14 surveyed platforms, ranging from Facebook and Instagram to Snapchat and WhatsApp

almost double the global average. Other acts like spreading false rumours, being excluded from groups and conversations and name calling at were also reported.

3 Indian children witness and experience the maximum cyberbullying on almost every social

media and messaging platform. Interestingly, Indian children confessed that they hide their cyberbullying experiences from parents.

Who will be the first WOMAN to WALK ON THE MOON?



It has been more than half a century since humans first walked on the Moon, with Neil Armstrong uttering those immortal words: "That's one small step for man, one giant leap for mankind". Eleven more Americans followed, including Buzz Aldrin, Alan Shepard and Eugene Cernan, but all of them were men. Now, NASA is planning to land the first woman on the Moon in a little over three years' time and has whittled down the list to just nine candidates. They include a Cambridge graduate, a marine vet-

The female astronauts shortlisted for the programme, include Kayla Barron, Christina Koch, Nicole Mann, Anne McClain, Jessica Meir, Jasmin Moghbeli, Kate Rubins, Jessica Watkins and Stephanie Wilson, as they look to etch their name in history by stepping foot on the lunar surface in 2025

eran, who fought in Iraq and Afghanistan, and a former University of Bath rugby player who starred in the English Women's Premiership. Not to mention a helicopter-flying mother of twin girls and a scuba diver with a love of animals, who dreamt of going to space at the age of five. With NASA's uncrewed Artemis I rocket set to launch later this month - the first of three complex missions that will pave the way for returning humans to the Moon - the countdown is officially on to become 'First Woman'. (Daily Mail)

What's the Artemis Mission

- Artemis 1, formerly Exploration Mission-1, is the first in a series of increasingly complex missions that will enable human exploration to the Moon and Mars.
- Artemis 1 will be the first integrated flight test of NASA's deep space exploration system: the Orion spacecraft, Space Launch System (SLS) rocket and the ground systems at Kennedy Space Center in Cape Canaveral, Florida.
- Artemis 1 will be an uncrewed flight that will provide a foundation for human deep space exploration, and demonstrate our commitment and capability to extend human existence to the moon and beyond.
- During this flight, the spacecraft will launch on the most powerful rocket in the world and fly farther than any spacecraft built for humans has ever flown.
- It will travel 450,600 km from the Earth, thousands of miles beyond the moon over the course of about a three-week mission.

THE TIMES OF INDIA

TOISTUDENT EDITION

15th August
INDEPENDENCE DAY

Every nation has a message to deliver, a mission to fulfill, a destiny to reach. The mission of India has been to guide humanity. **-Swami Vivekananda**

It's time to celebrate the birth of a nation and relive the journey of India in the last 75 years. We celebrate

THE PEOPLE WHO HELPED DEFINE INDIA

POLITICAL EVENTS THAT CHANGED THE COURSE OF OUR COUNTRY

EVENTS THAT BUILT OUR ECONOMY

WRITERS WHO GAVE US SOME FOOD FOR THOUGHT

FILMMAKERS WHO PROVIDED A VISION OF INDIA

SCIENTISTS WHO DREAMED UP A FUTURE

SPORTSPERSONS WHO GAVE US MUCH TO CHEER

INCIDENTS, POLICIES, LAWS THAT SHAPED INDIA

CHARTING THE MAKING OF INDIA

INSTITUTIONS THAT HELPED IN THE RISE OF THE SCIENTIFIC INDIA

PLUS: » Art Activities » Your Voices » Your Words » Opinions » AND MORE...

ISSUE DATE
12th August 2022

75 years, milestones

WRITE YOUR AZADI ANTHEM

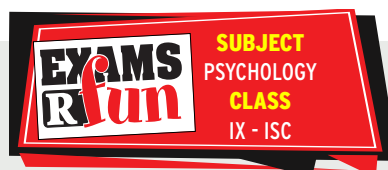
Compose, shoot a video and get featured on toistudent.com. Send us the entries at toinie175@gmail.com

TIRANGA TALK

What do you think makes India strong as saffron, peaceful as white and prosperous as green? Log on toistudent.com and share in Your Corner section

CELEBRATING A NEW INDIA EVERYDAY

We share extraordinary stories of people who make our nation great



Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can even be positive, such as when it helps you avoid danger or meet a deadline.

PROLONGED STRESS LEADS TO BREAKDOWN OF MENTAL AND PHYSIOLOGICAL WELL BEING & FUNCTIONING

STRESS Burst the stress balloon in the following ways

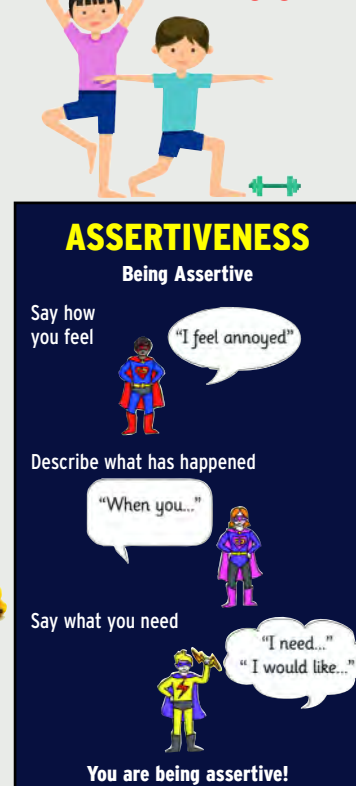
PROGRESSIVE MUSCLE RELAXATION TECHNIQUE



Effective strategies to Deal with stress

EFFECTIVE LIFESTYLE

EXERCISE



ASSERTIVENESS

Being Assertive

Say how you feel

"I feel annoyed"

Describe what has happened

"When you..."

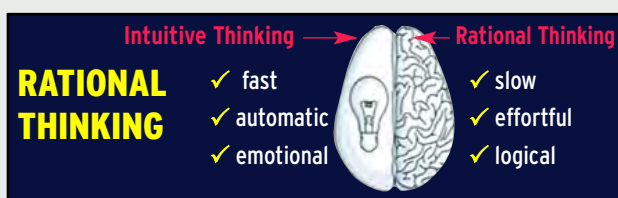
Say what you need

"I need..."

"I would like..."

You are being assertive!

DIET



HABITS



FAMILIAL AND SOCIAL SUPPORT



RESISTING STRESS - PERSONALITY FACTORS

A. SENSE OF HUMOUR B. HARDINESS

A sense of humour... is needed armour. Joy in one's heart and some laughter on one's lips is a sign that the person down deep has a pretty good grasp of life.

-HUGH SIDNEY

BUILDING HARDINESS & CONFIDENCE

Building psychological resilience requires a change of attitude

Embrace 'commitment' over 'alienation' - connect with others

Emphasise 'control' over 'powerlessness' - move forward with your goals

Embrace 'challenge' over 'security' - have courage and take chances

CHARLOTTE RAJ, Psychology Teacher & Counsellor, The Hyderabad Public School, Begumpet, Hyderabad

Topper Tips: Stay on course!

TIP #1

MAKE YOUR CONCEPT CRYSTAL CLEAR

Class X is the turning point of your life", they said and they weren't wrong. Dear juniors, at this point it may look like a huge mountain has descended in front of you just like an obstacle that cannot be avoided. But, trust me, when you start climbing, you'll realise it wasn't that tough after all. In other words, your 10th grade is absolutely no different from your 9th grade, you obey the same rules, only the number of players have changed.

This tip may be off repeated, but still works like magic. Clear concept means that you should be familiar with all the main 'why' questions regarding the concept (what, where, when, why). Now you can build deeper knowledge of the topic instead of mugging it up. The best way to do this is to create a concept map at the beginning of your chapter.

TIP #2 REVISION IS KEY

Make short notes when the teachers are explaining in class and make sure to revise it later, on the same day. This helps you to raise and clear your doubts and remember more efficiently. The more you revise, the better you remember. After completion of a chapter, you can revise on the next level by solving practice questions.

TIP #3

CORRECT YOUR MISTAKES

It is our common trait to make mistakes and we should never regard this as a weakness, instead we should learn to embrace this quality as it makes us learn better. So make sure to correct all your mistakes before the final exam as this step will push you closer towards perfection.

TIP #4

TAKE FREQUENT STUDY BREAKS AND RELAX

Your brain is not designed to function as a machine that works efficiently day and night. So, it is important to take at least a five-minute break after 45 minutes of studying. Studying without a break can lower your efficiency. I would also advise you to take a day off from studying once a week as this can really recharge your energy levels and enhance your learning.

TIP #5 DON'T IGNORE YOUR DAILY ROUTINE

This tip is for your personal happiness. Make sure to spend at least half an hour of your day to exercise and meditate, and another half an hour to contribute in completing your household chores. You can also practise your hobbies in your free time, to not only destress, but also sharpen your skills as a person, as developing a hobby truly makes you a unique person. Lastly, stay away from

distractions and social media as it only adds to the stress.

I hope my tips help you achieve what you want to. Lastly, it's okay to fail, given that you tried your best, but please don't consider it as the end of the world and keep moving forward. As one door closes, life will surely open new doors for you. Be optimistic and never lose your determination!

ADITI AAKANKSHA S K, Cambridge Public School, HSR Layout, Bengaluru



TEST PROBABILITY SKILLS



CLASS: XII
SUBJECT: MATHEMATICS (CBSE)
MARKS: 40

PAPER SET BY KASHISH RAJPUT, UDGAM SCHOOL FOR CHILDREN, AHMEDABAD

GENERAL INSTRUCTIONS:

- (1) This question paper contains three sections - A, B and C. Each part is compulsory.
- (2) Section - A has 6 short answer type (SA1) questions of 2 marks each.
- (3) Section - B has 4 short answer type (SA2) questions of 3 marks each.
- (4) Section - C has 4 long answer type questions (LA) of 4 marks each.
- (5) Q 14 is a case-based problem having 3 sub parts.

SECTION-A

Question 1: Find $\int \tan^{-1} \left(\sqrt{\frac{1-\sin x}{1+\sin x}} \right) dx$. [2]

Question 2: Write the sum of the order and degree of the following differential equation: [2]

$$\left(\frac{d^2y}{dx^2} \right)^2 + \left(\frac{dy}{dx} \right)^3 + x^4 = 0.$$

Question 3: For any two vectors \vec{a} and \vec{b} , prove that $(\vec{a} + \vec{b})^2 = |\vec{a}|^2 + |\vec{b}|^2 + 2(\vec{a} \cdot \vec{b})$ [2]

Question 4: Write the direction cosine of a line equally inclined to the three co-ordinate axes. [2]

Question 5: The probability of two students A and B coming to



school in time are $\frac{2}{7}$ and $\frac{4}{7}$, respectively. Assuming that the events 'A coming on time' and 'B coming on time' are independent, find the probability of only one of them coming to school on time. [2]

Question 6: 10% of the bulbs produced in a factory are of red colour and 2% are red and defective. If one bulb is picked up at random, determine the probability of its being defective if it is red. [2]

SECTION-B

Question 7: Find $\int \frac{x}{(x-1)(x^2+1)} dx$ [3]

Question 8: Find the particular solution of the differential equation [3]

$$\frac{dy}{dx} + y \sec x = \tan x,$$

where $x \in \left[0, \frac{\pi}{2}\right)$ given that $y = 1$, when $x = \frac{\pi}{4}$.

Question 9: The scalar product of the vector $\vec{a} = \hat{i} + \hat{j} + \hat{k}$ with a unit vector along the sum of the vectors $\vec{b} = 2\hat{i} + 4\hat{j} - 5\hat{k}$ and $\vec{c} = \hat{i} + 2\hat{j} + 3\hat{k}$ is equal to [3]

1. Find the value of λ and hence find the unit vector along $\vec{b} + \vec{c}$.

Question 10: Find the shortest distance between the lines whose vector equations are: [3]

$$\vec{r} = (\hat{i} + \hat{j}) + \lambda(2\hat{i} - \hat{j} + \hat{k}) \text{ and } \vec{r} = (2\hat{i} + \hat{j} - \hat{k}) + \mu(3\hat{i} - 5\hat{j} + 2\hat{k}).$$

SECTION-C

Question 11: Evaluate $\int_0^{\frac{\pi}{2}} \frac{x \sin x \cos x}{\sin^4 x + \cos^4 x} dx$. [4]

Question 12: Sketch the region bounded by the curve $y = \sqrt{5 - x^2}$ and $y = |x - 1|$ and find its area by using integration. [4]

Question 13: Find the coordinates of the foot of perpendicular and the length of the perpendicular drawn from the point $P(5, 4, 2)$ to the line $\vec{r} = -\hat{i} + 3\hat{j} + \hat{k} + \lambda(2\hat{i} + 3\hat{j} - \hat{k})$. [4]

Question 14: In a village there are three mohallas A, B and C. In A, 60% farmers believe in new technology of agriculture, while in B, 70% and in C, 80%. A farmer is selected at random from village.

Mohalla A



Mohalla B



Mohalla C



On the basis of above information, answer the following questions.

- Find the total probability that a farmer believes in new technology of agriculture. [1.5]
- District agriculture officer selects a farmer at random in village and he found that selected farmer believes in new technology of agriculture. [1.5]
- Find the probability that the farmer belongs to mohalla 'B'. [1.5]
- Find the probability that a selected farmer is from mohalla 'A' and believes in new technology of agriculture. [1]

These questions are meant for practice purpose only. Students are advised to check format, syllabus and marks for Board test papers with their teachers. Questions have been given by teachers and NIE is not responsible for them.