



THE TIMES OF INDIA

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TODAY'S EDITION

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Students share their experiences on a wide range of issues

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Is T20, a batsman's game?

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STUDENT EDITION

MONDAY, OCTOBER 5, 2020



WEB EDITION

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Name the only Indian on the Forbes'20 list of the world's 10 highest-paid male actors

- CLUE 1:** He made his first appearance in the 1987 film, 'Aaj'
- CLUE 2:** The Indian-born naturalised Canadian citizen boasts two National Awards, and was awarded the Padma Shri in 2009
- CLUE 3:** While studying martial arts in Bangkok, Thailand, he also worked as a chef and a waiter

ANSWER: AKSHAY KUMAR. The 53-year-old actor has wrapped the shooting of 'Bell Bottom', making it the first film in the world to start and finish during the pandemic

DHONI ONLY INDIAN WITH NO DUCK IN 100 consecutive T20 innings

MS Dhoni has registered yet another feather to his illustrious cricket career by becoming the only Indian and fifth overall batsman to play 100 or more innings without scoring a duck in the shortest format of the game. In other words, MS has not gone back to the pavilion without scoring a run since 2015. In the last game against Hyderabad, he played his 100th consecutive innings without a duck.

- > The number 1 position on this list is held by West Indies power-hitter **Chris Gayle**, who has played a record 145 T20 innings without scoring a duck (2012 to 2016)
- > The second place goes to Sri Lanka's **Dinesh Chandimal** with 106* innings (2009-present)
- > He is followed by Australia's **Shaun Marsh**, who has played 102 innings (2012-2019)
- > South Africa's, **JP Duminy** is next with 101* innings to his name (2014-2019)



US POLLS

WHAT IF DONALD TRUMP CAN'T RUN?

President Donald Trump testing positive in the coronavirus test has raised the possibility, however remote, that he could become incapacitated. So, what's the scenario? The US Constitution has put in place a plan of succession to ensure that the nation is protected from adversaries and internal conflict, when the elected president cannot serve...

- The US Constitution makes it clear that the **vice president** is first in line to succeed the president, should he or she die in office, and can step in to take on the duties of the presidency temporarily, should the commander in chief become incapacitated

- The US Constitution leaves it to the **Congress** to decide what should happen, if the vice president also dies or cannot serve; several laws have been enacted to lay out the contingencies



WHAT IF THE PRESIDENT IS TOO ILL TO PERFORM HIS DUTIES?

Under the 25th Amendment, ratified in the 1960s to clarify presidential disability and succession planning, Presidents can voluntarily designate powers to their vice presidents, if they become seriously-ill or are unable to perform their duties

CAN THE PRESIDENT BE INVOLUNTARILY REPLACED?

The 25th Amendment of the US Constitution also allows for the forcible removal of a President, including, if he is too ill to designate his authorities or simply refuses to do so

Since the amendment on discharge of duties was ratified in 1967, the VP of US has taken power in only three instances—each of them exceedingly brief. In 1985, when President Ronald Reagan was put under anaesthesia for a colon procedure, he granted his powers to VP George Bush for about eight hours, though he avoided formally invoking the amendment. In 2002 and 2007, President George W Bush temporarily transferred his authorities to VP Dick Cheney during colonoscopies



ATAL TUNNEL: WORLD'S LONGEST ROAD TUNNEL



Prime Minister Narendra Modi on Saturday inaugurated the strategically-important Atal Tunnel in Rohtang...

1 THE LONGEST HIGHWAY TUNNEL: The Atal Tunnel, at 9.02 km, is the longest highway tunnel in the world, which connects Manali to Lahaul-Spiti Valley. It will ensure movement throughout the year. Earlier, the Valley was cut off for about six months each year, owing to heavy snowfall

2 BUILT IN THE PIR PANJAL RANGE OF THE HIMALAYAS: The tunnel is built with ultra-modern specifications in the Pir Panjal range of the Himalayas at an altitude of 3,000 metres (10,000 feet) from the Mean Sea Level (MSL)

3 HORSESHOE-SHAPED: It is a horseshoe-shaped, single tube double lane tunnel with a roadway of eight metres

TECH BUZZ

WhatsApp's latest update will let you delete media from other people's phones



In a new update, WhatsApp users can now delete an image, video or gif on somebody else's phone after sending it to them. Called Expiring Media, it makes the media disappear after it has been viewed in a chat. It is similar to Instagram's image sending feature.

HOW IT WORKS

- To enable this feature, the sender will have to select the "view once" button, while they are sending the image, video, or the gif file
- When it appears on the phone of the recipient, it is only visible when they are in the chat. When they leave the chat, the message appears, which states, "The media will disappear once you leave the chat"
- If the users return to the chat, a bubble pops up, which says, "view once photo expired"
- The feature is under development

IN THE RECORD BOOKS

350 ONLINE COURSES IN 90 DAYS



Arthi Reghunath from Kochi, Kerala, has set a world record by completing 350 online courses in three months!

Reghunath, a second-year MSc Biochemistry student of MES College, completed the impressive number of courses listed on 'Coursera' platform, and made a world record at the Universal Record Forum. The courses finished by Reghunath were offered by several world-renowned universities, including John Hawkins University, Technical University of Denmark (DTU), University of Virginia, State University of New York, University of Colorado Boulder, University of Copenhagen, University of Rochester and Emory University.

NEWS IN BRIEF

CLICK HERE FOR MORE

ENTERTAINMENT

Priyanka Chopra teases her memoir 'Unfinished' by sharing intriguing clip

Actor Priyanka Chopra Jonas on Friday gave a teaser to her much-awaited memoir, 'Unfinished'. The 38-year-old actor took to Instagram to share an intriguing short clip featuring the posters of her films. The video that starts from a monochromatic picture of her parents, showcases some iconic characters essayed by the actor over the big

screen. The video is created in the form of a film reel, which plays horizontally, in the same fashion as a movie plays in a cinema hall, with the sound of the reel rolling up and down.



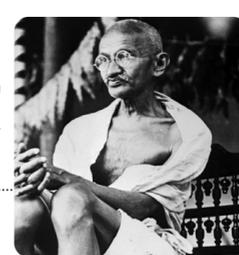
- The clip, featuring the posters, chronicle the journey of the actor from the very beginning. It puts on display the poster of 'The Hero: Love Story of A Spy', 'Fashion' 'Mary Kom', 'Dostana', 'Barfi', 'Bajirao Mastani', 'Quantico' and 'Baywatch.' It also summarises the journey of the actor—Bollywood to Hollywood
- Alongside the clip, Priyanka wrote, "This is my story, #unfinished" ■ It was in June 2018 that the star first announced of making her

- memoir, and had said that it "gives you an indescribable sense of accomplishment" when you tick off something from your "bucket list"
- 'Unfinished' will be a collection of personal essays, stories, and observations by the actor, producer, singer, and UNICEF Goodwill Ambassador, Chopra



WARS, ROWS AND SCANDALS: When the Nobels didn't go as planned

1 Not awarding the prize can also be an honour. In 1948, several months after the death of Mahatma Gandhi, the Nobel Peace Prize was not awarded, a homage to the Indian pacifist, who never won the prize—widely considered a historic omission. The committee at the time said, "there was no suitable living candidate".



2 The prize can also be postponed. That was the case in 2018, when a scandal engulfed the Swedish Academy, which selects the literature prizewinner. The 2018 prize was awarded instead the following year to Polish author, Olga Tokarczuk.



3 While Sweden remained neutral during the wars, the Nobel committees refrained from awarding the prizes, especially during World War II. Both moral and logistical reasons were cited, as well as the fact that the committees no longer had access to the scientific publications. The peace prize was not awarded between 1939 and 1945—the 1944 prize was awarded retroactively to the Red Cross.

5 The celebratory banquet traditionally held after the December 10 prize ceremony at Stockholm's City Hall was cancelled in 1956 to avoid inviting the Soviet ambassador because of the repression of the Hungarian Revolution. An unofficial, smaller dinner, was organised instead.

4 In 1924, the organisers cancelled the formal prize ceremonies in Stockholm and Oslo because of a combination of ailing laureates, including Polish writer Wladyslaw Reymont, and the fact that the chemistry and peace prizes were not awarded. That was the only time the ceremonies got cancelled in peacetime.

In total, 49 prizes have not been awarded since the first Nobels in 1901, most of them in the field of peace (16 times)

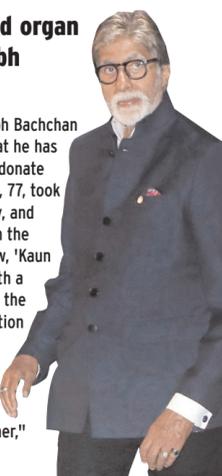
In the 1930s, three German scientists were awarded Nobels: Richard Kuhn (1938) and Adolf Butenandt (1939) in chemistry, and Gerhard Domagt (1939) in medicine. But Hitler, outraged over the prize to Von Ossietzky (Peace Prize), barred any German from accepting a Nobel, and they were forced to decline their prizes. They received their Nobels after the war



FOR A CAUSE

I am a pledged organ donor: Amitabh Bachchan

Actor Amitabh Bachchan has said that he has pledged to donate his organs. Bachchan, 77, took to Instagram recently, and posted a picture from the sets of his game show, 'Kaun Banega Crorepati' with a green ribbon to mark the gesture. "The distinction of the wear of the green ribbon. I am a pledged organ donor! Bearing the giving of life to another," the actor captioned.



Wars, jailed laureates, and diplomatic rows have occasionally put the brakes on the Nobel prizes over the years. This time it is the coronavirus pandemic that has thwarted plans. Here are some previous occasions when the Nobels were stalled..

Twelve ways to be kind this week

A 5th grader recently won '2020 Doodle for Google' for spreading kindness! Sharon Sara who is in the fifth grade in Texas has won the 2020 Doodle for Google contest who will receive a \$30,000 college scholarship from the tech giant. The Doodle made by Sara, titled 'Together As One,' highlighted the importance of inclusion and acceptance, and was inspired by her personal experiences with friendship and her strong commitment to spreading kindness.

"I thought about my personal experiences. People have not wanted to be my friend because of how I look, so I decided to draw what I do! No matter what people look like, you look on the inside and then decide if you want to be their friend," Sara said. "Kindness to me means to not look at someone from the outside, but look at their personality, and be open to their friendship".



WANNA SPREAD KINDNESS TOO? TRY DOING THE FOLLOWING THIS WEEK

1. Call your grandparents.
2. FaceTime a friend from school that you don't talk to often to say Hello.
3. Write a note to your mom or dad and let them know they are doing a good job being your parent.
4. Make your parents breakfast, lunch or dinner.
5. Don't fight with your siblings. Leave a note and a small gift for delivery drivers.
6. Do your chores without being asked and without complaining.
7. Stay at least 6 feet away from other people, even your grandparents.
8. Tell each of your family members one thing you love about them.
9. Give a parent a big hug out of the blue.
10. Host a virtual game night with friends.
11. Let someone else go first.
12. Forgive someone for a mistake.

Quiz

Only **October!**

In the old Roman calendar, October (Greek/Latin 'octo' for eight) was the 8th month of the year. Answer each question by choosing correctly from the four options

SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

1 Which arm of the Indian Armed Forces was established on October 8, 1932?

- A. Army B. Navy C. Air Force D. Another

2 How many Indian national holidays are there, including October 2?

- A. 4 B. 3 C. 2 D. 1

3 What anniversary, observed in October, is controversial in the USA?

- A. Columbus Day B. Martin Luther King Jr Day

C. Presidents' Day D. Veterans Day

4 Which of these traditionally appears at Halloween, on October 31?

- A. Papaya B. Pineapple C. Potato D. Pumpkin

5 On what date in October is UN World Food Day?

- A. 20 B. 18 C. 16 D. 14

Answers: 1) C. Air Force 2) B. 3 3) A. Columbus Day 4) D. Pumpkin 5) C. 16

INSTAFIX

#endcolourism

Suhana Khan shares a post on being called 'kaali' and what's wrong with our society!

There's a lot going on right now and this is one of the issues we need to fix!! this isn't just about me, it's about every young girl/boy who has grown up feeling inferior for absolutely no reason. Here are just a few of the comments made about my appearance. I've been told I'm ugly because of my skin tone, by full grown men and women, since I was 12 years old. Other than the fact that these



are actual adults, what's sad is that we are all Indians, which automatically makes us brown - yes we come in different shades but no matter how much you try to distance yourself from the melanin, you just can't. Hating on your own people just means that you are painfully insecure. I'm sorry if social media, Indian matchmaking or even your own families have convinced you, that if you're not 5'7 and fair you're not beautiful. I hope it helps to know that I'm 5'3 and brown and I am extremely happy about it and you should be too. #endcolourism Do you agree? What are the ways we can end this colour shaming. Let us know at timesnie175@gmail.com



Lose weight by increasing your 'NEAT'

Weight loss isn't a cakewalk. Now what if you were told that you can lose weight simply by increasing your NEAT or non-exercise thermogenic activity? If you are unversed with the term, it involves daily activities that result in energy consumption or calorie burn...

What exactly is NEAT?

NEAT is the amount of energy spent by the body on various daily activities like eating, sleeping, gardening, typing, singing, climbing stairs or any other household chores. In short, NEAT excludes deliberate exercises. Before we delve deeper, let's understand thermogenesis.

Thermogenesis

Thermogenesis is the process by which the body produces heat or energy. There are multiple ways in which our body produces energy. Here are some of the major ways.

EAT (exercise-associated thermogenesis)

The energy released by the body through planned exercise and workout.

NEAT (Non-exercise activity thermogenesis)

The energy produced as a result of any physical activity done apart from planned exercise, eating and sleeping.

DIT (Diet-induced thermogenesis)

The energy spent by the body to digest food, metabolise and store it.

What it entails?

NEAT allows the body to burn more calories while doing daily activities. This does not include workouts, sports or any other form of intentional exercise. NEAT is affected by various factors like age, gender, genetics, body composition, weight and occupation.

People whose daily lives involve more physical activity, tend to have higher NEAT and lower body weight than people who live a sedentary lifestyle.

Weight loss through NEAT is more sustainable than gym-based workouts. It's doable and yields great results that lasts longer than fad diets

6 SIMPLE WAYS YOU CAN INCREASE YOUR NEAT



GET A STANDING DESK

Though the number of calories burned while using a standing desk versus sitting desk is not huge, but you are more likely to move around while you work on a standing desk as compared to sitting down. Many people have even claimed that they got relief from back pain by switching to a standing desk.

DO SOME STRETCHING WHILE WATCHING TV

We all love to relax on the couch while watching our favourite series. But what if we told you that stretching while watching TV can help increase your NEAT. All you have to do is simply sit on the floor and stretch out your legs, shoulders, back and hands while enjoying your favourite TV show.



COOKING AT LEAST ONE MEAL FOR YOURSELF

By cooking, we obviously don't mean just throwing something in the microwave. If you do proper cooking (from raw material), you can burn around 200 calories per hour. And an extra 75 calories for cleaning up afterwards. The benefits of cooking on your own are not just limited to this, you get to eat a healthy and nutritious meal too.

INCREASE YOUR DAILY NUMBER OF STEPS

We walk while doing daily chores in the house. You can increase the steps by parking your car at the farthest spot, walking to the grocery store and taking your dog for a walk. You can also increase your daily steps by simply walking while talking on the phone.



FIDGETING Activities that involve repeated tapping of fingers, playing with rings, bouncing of legs and other small movements of hand and feet, impatiently or restlessly, come under fidgeting. Spontaneous physical activities can increase your energy expenditure and control body weight.



QUIZ TIME (MIXED BAG)

Q.1) In which year was the Pulitzer Prize established?
A. 1917 B. 1918 C. 1922 D. 1928

Q.2) B C Roy Award is given in the field of....
A. Music B. Medicine C. Journalism D. Environment

Q.3) Gandhi Peace Prize for 2000 was awarded to the former President of South Africa. Who was the other recipient?
A. Sathish Dawan B. C. Subramanian C. Grameen Bank of Bangladesh D. World Health Organisation

Q.4) The prestigious Ramon Magsaysay Award was conferred upon Kiran Bedi for her contribution in which field?
A. Literature B. Community Welfare C. Government Service D. Journalism



ANSWERS

1. A) 1917 2. B) Medicine 3. C) Grameen Bank of Bangladesh 4. C) Government Service

KNOWLEDGE BANK (GEOGRAPHY)



Taumata Hill

In New Zealand near Porangahau in Hawke's Bay is an unassuming hill known as "Taumata whakatangi hangakoauau o tamatea turi pukakapiki maunga horo nuku pokai whenua kitanatahu", which translated into English means "the place where Tamatea, the man with the big knees, who slid, climbed and swallowed mountains, known as 'land-eater', played his flute to his loved one." Locals simply call it Taumata Hill.

WORD WISE

factional: (adj) of a faction or factions. Self-interested; partisan. Synonymous words: parochial, partisan, dissident, fanatic, limited, local, provincial, bigoted, dogmatic, rigid, skeptical, etc.

Examples: ■ Factional interests had obstructed justice.

■ To improve the quality of life, factional disputes are being cast aside. ■ The factional balance between elitists and populists is no longer at equilibrium.

■ Make no mistake, there is a factional fight under way.

GRAMMATICAL MISTAKES

AMICABLE/AMIABLE

THE RULES:

- "Amicable" refers to a friendliness or goodwill between people or groups.
- "Amiable" refers to one person's friendly disposition.

HOW NOT TO DO IT:

- It was a relatively amiable separation and at least they remain on speaking terms.

HOW TO DO IT PROPERLY:

- It was a relatively amicable separation and at least they remain on speaking terms.
- One former roommate described him as amiable and talkative.