



# THE TIMES OF INDIA

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**TODAY'S EDITION**

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**STUDENT EDITION**

MONDAY, NOVEMBER 16, 2020



**WEB EDITION**

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**FACTOID**

**\$15 billion**

The World Food Programme needs next year—\$5 billion just to avert famine and \$10 billion to carry out the agency's global programmes, including for malnourished children and school lunches, which are often the only meal youngsters get. The head of the World Food Programme David Beasley has said that the Nobel Peace Prize has given the UN agency a spotlight and megaphone to warn world leaders that next year is going to be worse than this year.

- THE CAUSE**
- 1 According to the UN, while 135 million people faced acute food insecurity before Covid-19, that number is expected to almost double this year, to 270 million people. The World Bank expects the number of people in extreme poverty to rise for the first time since the 1990s
  - 2 In the Sahel, violence has driven more than one million people from their homes and lands. In total, 14 million people are experiencing crisis or emergency levels of food insecurity – the highest figures for a decade
  - 4 According to a joint analysis by the WFP and the UN Food and Agriculture Organisation in October, 20 countries are likely to face potential spikes in high acute food insecurity in the next three to six months, and require urgent attention
  - 5 Of those, Yemen, South Sudan, northeastern Nigeria and Burkina Faso have some areas that have reached a critical hunger situation following years of conflict or other shocks, the UN said, and any further deterioration in coming months could lead to a risk of famine



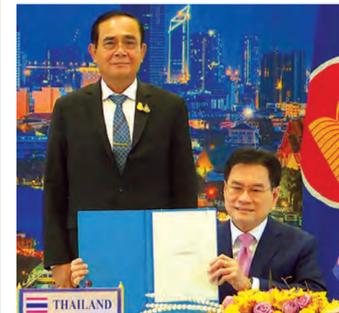
“We really need to focus on icebergs, and the icebergs are famine, starvation, destabilisation and migration. I hope billionaires who have made billions during the Covid-19 pandemic will step up on a one-time basis”  
**DAVID BEASLEY, head, WFP**

**X PLAINED**

**RCEP**

**WHAT:** After eight years of wrangling over the details, RCEP—the world's largest in terms of GDP, according to analysts—was signed on Sunday. Launched in 2012, the Regional Comprehensive Economic Partnership (RCEP) is a trade pact between the 10-member ASEAN bloc, along with China, Japan, South Korea, Australia and New Zealand.

**WHY:** Its aim is to lower tariffs, open up trade in services and promote investment to help emerging economies catch up



with the rest of the world. Specifically, the RCEP is expected to help reduce costs and time for companies by allowing them to export a product anywhere within the bloc without meeting separate requirements for each country.

**ITS SIGNIFICANCE**

- It mainly matters because it sets new trade rules for the region – and has China's backing but does not include the United States
- Observers say it solidifies China's broader geopolitical ambitions in the region, where it has faced little competition from the US since President Donald Trump pulled out of a trade pact of its own

**WHY NO INDIA?**

India withdrew last year over concerns about cheap Chinese goods entering the country, though it can join at a later date if it so chooses

**Spotlight**



**Soumitra Chatterjee, Legend of Indian Cinema, Dies at 85**

Soumitra Chatterjee, the legendary actor with more than 200 movies to his name and famed for his work with Oscar-winning director Satyajit Ray, died on Sunday. He was 85.

Chatterjee had a career in Bengali films that spanned six decades and was best known for his work with Ray, one of the world's most-influential Indian directors, whose films garnered critical acclaim and won multiple awards worldwide, putting India on the global cinema map

**NEWS IN BRIEF**

**BRAD PITT, OPRAH WINFREY JOIN HANDS FOR 'THE WATER DANCER' ADAPTATION**



Hollywood star Brad Pitt and media mogul Oprah Winfrey are teaming up for the adaptation of author Ta-Nehisi Coates' novel 'The Water Dancer'.

➤ The 2019 book, which was Coates' first work of fiction, is set in the pre-Civil War South and follows the story of Hiram Walker, who was born into bondage. He possesses amazing photographic memory but has no memory of his mother. A car accident reveals to him a superpower called conduction, an ability to travel large distances and that is triggered by powerful memories of his mother. ➤ Winfrey had made 'The Water Dancer' one of her Oprah's Book Club selections. Coates will adapt the screenplay for the big-screen adaptation

**ENTERTAINMENT**

project, which hails from MGM, will be produced by Winfrey's Harpo Films and Pitt's Plan BA alongside Kamillah Forbes, according to The Hollywood Reporter.

**RASHTRAPATI BHAVAN, QUTUB MINAR AND OTHER MONUMENTS TO #GOBLUE ON WORLD CHILDREN'S DAY**

The Rashtrapati Bhavan, Qutub Minar and other monuments across India will #GoBlue on the World Children's Day on November 20 in solidarity with child rights and the impact of Covid-19 on children's lives, UNICEF said. Iconic monuments will light up in blue under the #GoBlue campaign, it said.

- UNICEF in partnership with Parliamentarian's Group for Children (PGC) is organising a Climate Parliament with Children on November 20, under the leadership of Vice President M Venkaiah Naidu, and 30 members of Parliament. ➤ Children will discuss the impact of climate change with the parliamentarians and present a Charter of Demands on climate action

**FOAM-LADEN YAMUNA**



White foamy froth from detergents, dead animal bodies, domestic garbage packed in polythene bags, construction site debris have made Yamuna all the more polluted. The primary reason behind the formation of the toxic foam is high phosphate content in the wastewater because of detergents used in dyeing industries, dhobi ghats and households

**Quote unquote**

Virat Kohli is a very powerful guy in world cricket, but he does a very good job to walk that fine line in being an aggressive cricketer and also a statesman. I think he's doing it very well. Captaincy title sits well with him. He treats that responsibility with great respect. He's still very much his own person when you watch him play. I've always found him in the times I've spoken to him to be very respectful to the game and those playing it and those who have played it



**MARK TAYLOR**, former Australian player

**KERALA MAN MAKES WORLD'S BIGGEST MARKER PEN**

Kerala resident **Muhammed Dileef** has etched his name in the Guinness World Records for making the



**IN THE RECORD BOOKS**

largest marker pen. Guinness World Records recently shared a video on their Facebook page to show the huge pen being made and how it is used to write.

**THE PEN MEASURES 2.745 M X 0.315 M**

- According to the Guinness World Records' website, the record was created on September 5 earlier this year.
- Since being shared on November 10, the video has collected 7,000 reactions and lots of comments from netizens

**MEDITATION AND YOGA ARE TOP ACTIVITIES AMID PANDEMIC**

In pandemic times, meditation and yoga have merged as top health activities among people in India, a study says. While meditation emerged as the top go-to activity with a staggering uptick of 2,381%, yoga witnessed a 241% spike, highlighting a focus on mental wellness and stress management.

In the Asia-Pacific region, meditation, yoga, and pilates saw a huge adoption in 2020, mirroring the global trend, with meditation, in particular, saw massive popularity across the region.



**Waste not, want not: Dutch students build electric car from recycled material**

A team of Dutch students has created a fully-functioning electric car made out of waste, including plastics fished out of the sea, recycled PET bottles and household garbage. The car was designed and built by a group of 22 students in around 18 months.

- The bright yellow, sporty two-seater, which the students named 'Luca' can reach a top speed of 90 kilometres per hour and has a reach of 220 kilometres when fully charged
- The chassis is made out of flax and recycled PET bottles. For the interior, they have used unsorted household waste
- Hard plastics normally found in televisions, toys and kitchen appliances have been used for the car's body, while the seat cushions consist of coconut and horse hair

**INNOVATION**



**NUMBEROLOGY**

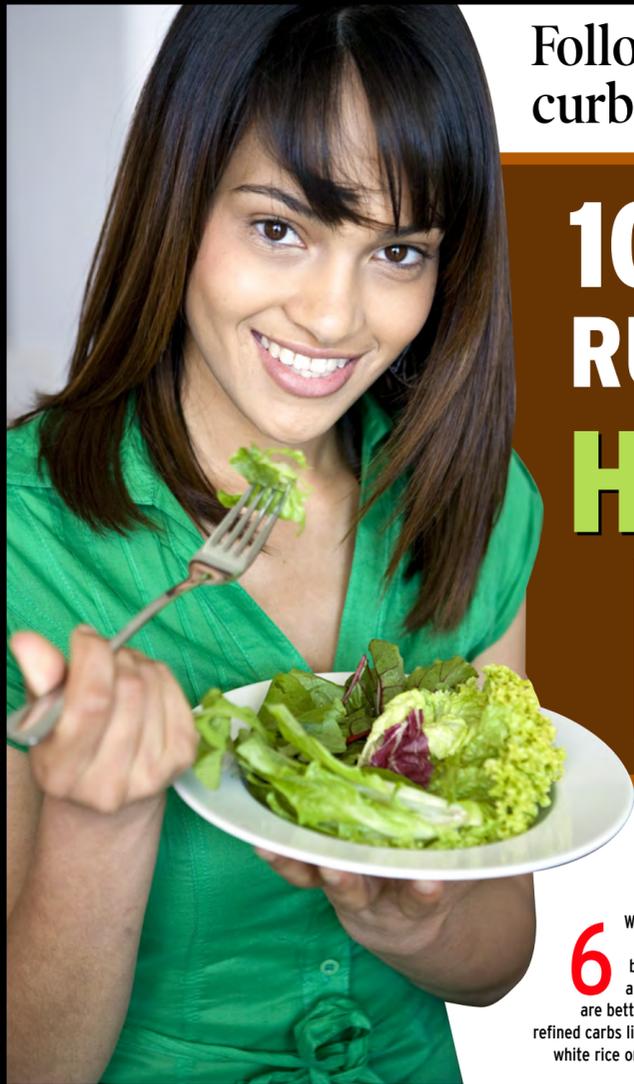
**81%**

winning candidates in Bihar polls are crorepatris, according to Bihar Election Watch and Association for Democratic Reforms (ADR). In other words, out of 241 winning candidates, 194 of them have assets in crores. The Bharatiya Janata Party (BJP) is among the major political parties with maximum number of crorepatris followed by Tejashwi Yadav-led Rashtriya Janata Dal (RJD)—single-largest party—and chief minister Nitish Kumar-led Janata Dal-United (JDU). The average of assets per winning candidates is ₹ 4.32 crore, the report mentions, adding the average of assets noted in 2015 Bihar Assembly polls was ₹ 3.02 crores.

**DID YOU KNOW?**

Follow these simple tips to curb harmful eating habits

# 10 GOLDEN RULES FOR A HEALTHY DIET



## Forget calorie counting

**1** A healthy eating plan focuses on reducing your carbohydrate intake and making sure the carbs you do eat are healthy.

## Create a balanced plate

**2** Fill half your plate with vegetables, a quarter with protein such as chicken, tofu or eggs, and a quarter with unrefined carbs such as brown rice, rye bread or quinoa. Add a small amount of healthy fats such as olive



## Don't ban chocolate

**3** There are no strict guidelines around how often you can enjoy sweet beverages and chocolate. What is important is learning to enjoy them as part of a healthy, balanced diet.

## Snacking is allowed

**4** But be careful what you choose. Avoid ultra-processed snacks such as chips and cakes. Opt for whole foods such as veggie sticks and hummus, a small portion of cheese and fruit, or natural yoghurt with berries.

## Go for complex carbs

**6** Whole grain varieties such as brown rice, oats and brown bread are better choices than refined carbs like white bread, white rice or sugary treats.



## Avoid ultra-processed foods

**9** Besides avoiding cake and chips, watch out for less obvious culprits such as shop-bought pasta sauces or cereal bars. Cooking from scratch is the best way to do this.

## Beware of hidden sugars

**10** Avoid foods with added sugars by checking food labels and aim for unprocessed, simple ingredients. Sweeteners such as agave, maltose, syrups, molasses and dextrose are sugary too.



## Drink more water

**7** Our body often confuses thirst for hunger, so it's important to stay hydrated to manage hunger levels. Drink at least eight glasses of water.

## Remove distractions

**8** When you eat, engage your senses by focusing on the taste, smell, colour and texture of your meal. This means turning off the TV, putting away your phone and eating at a table.



## Build a sleep routine

**5** We underestimate the impact sleep has on eating habits. Aim to go to bed and wake up at around the same time each day. Limit screen time before bed and avoid caffeine after lunch.

Source: Daily Mirror

## Great Kids Comics for Early Readers

When a child is just learning to read, comics can be a great supplement to help foster love and enjoyment for books. Comics have a lot to offer young readers. For that crucial first stage of early reading, it can be hard to find appropriate comic book. We have you covered

### TOON BOOKS

Without a doubt, the best go-to option for parents looking for quality comics for early readers is the many graphic novels from Toon Books. Started in 2008 by Françoise Mouly and Art Spiegelman, Toon Books organises their publications by reading level. **WHERE TO START:** You can't go wrong with Eleanor Davis' award-winning 'Stinky', about a monster who is afraid of people but learns that, once you meet them, they're really not bad.



### OWLY

For early readers who are still trying to gain their confidence with the written word, there are comics like Andy Runton's Owly that let the pictures do the talking. These cute, award-winning books are mostly wordless, sometimes using word balloons that contain pictures instead of words. **WHERE TO START:** There is a pretty big library of Owly books that are readily available in most bookstores.



### TINY TITANS

Art Baltazar and Franco Aureliani have made a name for themselves by creating all-ages superhero comics in their very recognisable kid-friendly style. They've applied this style to everything from their own creations like Patrick the Wolf Boy to "Itty Bitty" versions of horror comic characters. **WHERE TO START:** You may be able to find some random back issues at certain comic shops.



### SCOOBY DOO TEAM-UP

Unexpectedly, one of the most enjoyable kids comics to come out in recent years is Scooby-Doo Team-Up which, each month, has the Scooby Doo gang meet various DC Comics heroes as well as characters from classic Hanna-Barbera cartoons like the Flintstones and the Jetsons.



### UNCLE SCROOGE

Why not start them with the classics? Carl Barks' Uncle Scrooge comics from the 1940s, '50s, and '60s are widely considered to be some of the greatest comics ever made. Unlike a lot of comics from that era, though, they hold up really well and will still get laughs out of kids today.



## Study: Fix to food climate problem doesn't require veganism

A new study says how we grow, eat and waste food is a big climate change problem that may keep the world from reaching its temperature-limiting goals, but we don't all have to go vegan.

The world likely can't keep global warming to a relatively safe minimum unless we change how we grow, eat and throw away our food, but we don't need to all go vegan, a new study says.

Researchers looked at five types of broad fixes to the food system and calculated how much they fight warming. They found that sampling a buffet of partial fixes for all five, instead of just diving into the salad bar, can get the job done, according to a study published in Thursday's journal 'Science'.

If the world food sys-



tem keeps on current trajectories, it will produce near 1.5 trillion tons of greenhouse gases (almost 1.4 trillion metric tons) over the next 80 years, the study found. That's coming from belching cows, fertiliser, mismanaged soil and food waste. That much emissions - even if the globe stops burning fossil fuels which produce twice as

much carbon pollution as food - is enough to likely warm Earth by more than the goals set in the 2015 Paris climate accord.

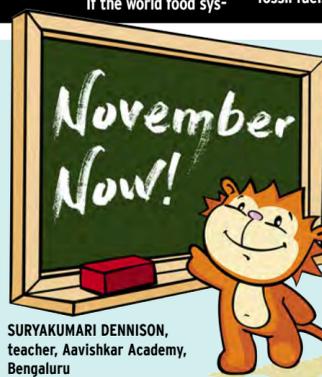
"The whole world doesn't have to give up meat for us to meet our climate goals," says study co-author Jason Hill, a biosystems engineering professor at the University of Minnesota, US.

### THE RESEARCHERS FROM THE UNITED STATES AND THE UNITED KINGDOM FOUND:

► A nearly complete switch to a plant-rich diet around the world could slash almost 720 billion tons of greenhouse gases (650 billion metric tons).

► If almost everyone ate the right number of calories based on their age, around 2,100 calories a day for many adults, it would cut about 450 billion tons of greenhouse gases (410 billion metric tons).

► If farming got more carbon efficient - by using less fertiliser, managing soil better and doing better crop rotation - it would slice nearly 600 billion tons of greenhouse gases (540 billion metric tons).



SURYAKUMARI DENNISON, teacher, Aavishkar Academy, Bengaluru

In the old Roman calendar, November (Latin 'novem' for nine) was the 9th month of the year. Answer each question by choosing correctly from the four options.

**1. WHICH OF THESE MONTHS, UNLIKE NOVEMBER, HAS 31 DAYS?**  
A. January B. April C. June D. September

**2. WHICH OF THESE FLOWERS IS ASSOCIATED WITH REMEMBRANCE DAY, ON NOVEMBER 11?**  
A. Periwinkle B. Petunia C. Poppy D. Primrose

**3. WHAT IS THE ZODIAC SIGN FOR MOST OF NOVEMBER?**

A. Aries B. Aquarius C. Sagittarius D. Scorpio

**4. WITH WHICH NOVEMBER-BORN PERSON DID INDIRA GANDHI SHARE HER BIRTHDAY (19TH) WITH?**  
A. Aurangzeb B. Rani Lakshmbai C. Jawaharlal Nehru D. C V Raman

**5. WHICH OF THESE**

**AMERICAN PRESIDENTS (ALL ASSASSINATED) DIED ON NOVEMBER 22, 1963?**

A. Abraham Lincoln B. James Garfield C. John F Kennedy D. William McKinley

Answers: 1) A. January 2) C. Poppy 3) D. Scorpio 4) B. Rani Lakshmbai 5) C. John F Kennedy

