



THE TIMES OF INDIA

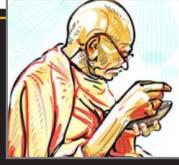
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TODAY'S EDITION

➤ Know all about Soba noodles, one of the most-delicious cuisines of Japan, and how it helps in maintaining your weight
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➤ Educators and students share their views on issues engulfing the country and the world
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➤ Premier League: Chelsea seize top spot after dramatic win over Southampton
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STUDENT EDITION
MONDAY, OCTOBER 4, 2021

NEWS IN CLUES

NAME INDIA'S YOUNGEST-EVER T20I CAPTAIN

CLUE 1: The 25-year-old was born in Mumbai, Maharashtra.

CLUE 2: The left-hander became the first Indian to play in UK's KIA Super League, in 2018.

CLUE 3: In the same year, she was adjudged the ICC Women's Cricketer of the Year and the ICC Women's ODI Player of the Year.

Answer : SMRITI MANDHANA. The opener became the first Indian woman cricketer to score a Test century in Australia – her maiden hundred in the longest format – on the second day of the ongoing pink ball Test versus Australia in Carrara

CLICK HERE: PAGE 1 AND 2

KIDS OF 2021 TO BEAR 7 TIMES AS MANY HEATWAVES... TWICE AS MANY WILDFIRES... 3 TIMES MORE DROUGHTS AS THEIR GRANDPARENTS



THE HEAT IS ON

A new study has warned that children born in 2021 will live on average through seven times as many heatwaves, twice as many wildfires, and nearly three times as many droughts, as their grandparents. The study, which looked at how people in different age groups around the world will be affected by climate change-induced disasters across their lifetimes, claimed that young people and children will fare disproportionately worse, especially those in the developing countries. The results highlight a severe threat to the safety of young generations and call for drastic emission reductions to safeguard their future.

In sub-Saharan Africa, 172 million children may experience 50 times more heatwaves and a six-fold increase in extreme events in their lifetimes compared to the 53 million children in the same age group in Europe and Central Asia

MEANWHILE, EARTH IS LOSING ITS GLOW

Warming ocean waters have caused a drop in the brightness of the Earth, according to a study, which found that our planet is now reflecting about half a watt less light per square metre than it was 20 years ago. The study used decades of measurements of earthshine – the light reflected from Earth that illuminates the surface of the Moon. They found that Earth is now

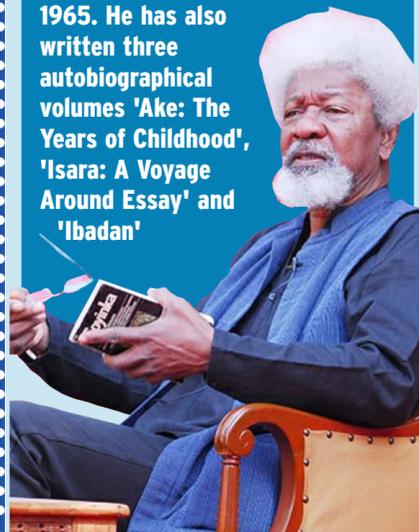
reflecting about half a watt less light per square metre than it was 20 years ago, with most of the drop occurring in the last three years of earthshine data. That is the equivalent of 0.5 per cent decrease in the Earth's reflectance, according to the researchers. Earth reflects about 30 per cent of the sunlight that shines on it, they noted. They noted that two things affect the net sunlight reaching the Earth: the sun's brightness and the planet's reflectivity

Nobel laureate Wole Soyinka is back with a new novel after nearly 50 years

A new novel, 'Chronicles from the Land of the Happiest People on Earth', released recently, marks the return of Africa's first Nobel laureate in Literature Wole Soyinka after a hiatus of almost 50 years, publishing house Bloomsbury India announced. The Nigerian novelist, equally well-known for his poems, plays and essays, wrote his last novel 'Season of Anomy' in 1973. An 'unforgettable portrait' of contemporary Nigeria, Soyinka's latest work is both a "gripping whodunit" and a "sharply satirical" state-of-the-nation novel.



Soyinka, 87, became the first African writer to win the Nobel Prize for Literature in 1986. His first novel, 'The Interpreters', was published in 1965. He has also written three autobiographical volumes 'Ake: The Years of Childhood', 'Isara: A Voyage Around Essay' and 'Ibadan'



FB TO LET YOU MAKE GROUP CHATS ACROSS INSTAGRAM, MESSENGER

Facebook will now let users start cross-app group chats between Messenger and Instagram, the company has announced. With this update, people will be able to start group chats between their Instagram and Messenger contacts.

Facebook said that over 70 per cent of eligible people on Instagram have updated to the new Messenger experience to enjoy new features like cross-app communication. The company also said it is introducing polls to your Instagram DMs and group chats with friends across Messenger and Instagram, making it easier for the group to decide, which new show is most binge-worthy or which restaurant you all go to next weekend. Users will still have the same controls over who can reach them.



Blue Origin's first astronaut spaceflight breaks four Guinness World Records titles

Blue Origin, the aerospace company founded by Jeff Bezos, has broken four Guinness World Records titles with their successful first human flight to space on July 20, 2021...

THE RECORDS



OLDEST PERSON IN SPACE

Wally Funk (USA, b February 1, 1939) was 82 years 169 days old on the day of the flight

FIRST SIBLINGS IN SPACE AT THE SAME TIME

Blue Origin founder Jeff Bezos and his brother Mark (both USA) are the first siblings to go to space together

YOUNGEST PERSON TO GO TO SPACE

Oliver Daemen (Netherlands) is the youngest person to go to space at the age of just 18 years 334 days

FIRST SUBORBITAL SPACECRAFT TO CARRY PAYING CUSTOMERS

With Oliver on board, New Shepard became the first suborbital spacecraft to carry paying customers



Historic bridge from 'WINNIE THE POOH' can be yours

The adventures of the honey-loving bear 'Winnie the Pooh' have captivated children – and their parents – for nigh-on 100 years. Fans now have a chance to own a central piece of Pooh's history, when a countryside bridge from southern England goes up for auction next week. "Offering it at auction is probably the biggest opportunity globally for people to reach out and be able to buy it and put it in a museum," said James Rylands of Summer Place Auctions, which has previously auctioned items, including 20 tons of the Berlin Wall.

The author of the hugely popular Pooh series of books, A A Milne, often played with his son, Christopher Robin, at the bridge in the 1920s. It became a regular setting for the adventures of Pooh and his friends in the series that launched in 1926

1 The bridge, originally called Posingford Bridge, was built around 1907 and officially renamed Poohsticks Bridge in 1997 by the late author's son, whose toy animals were the basis of the Pooh series

2 It was then taken down in 1999 after being worn out by visitors and was replaced by a newer structure funded largely by the Disney corporation

3 The original bridge was dismantled and stored in Ashdown Forest Centre in the southern county of East Sussex, until the local Parish Council recently gave permission for it to be



restored and rescued. The bridge, which measures 8.87 metres long by 4.5 metres wide, has now been fully restored using local oak for any missing elements

4 The auction coincides with the centenary of Pooh's arrival in the world when Christopher Robin received a fluffy teddy bear from the luxury department store Harrods on his first birthday

FITNESS

FOOD FACTS

What are Soba noodles?



WHAT IS IT?

Buckwheat is also known as 'Soba' in Japanese. Soba noodles are a quintessential part of Japanese cuisine and are prepared in many ways. These thin noodles are also called Juwari Soba noodles, which are made using water and buckwheat and are usually cooked with veggies, broth and meat. However, there are various types of soba noodles, but what makes them great for health is the presence of buckwheat, which is rich in beneficial plant compounds nutrients, antioxidants and vitamins. Buckwheat is also great for gut health.

Can you imagine eating a delicious spicy bowl of noodles without gaining weight? Well, this may sound strange, but adding Soba noodles to your diet can help you maintain weight without giving up your love for noodles

HOW TO COOK?

The best way to cook soba noodles at home is by adding to a pot of water, stirring them occasionally to prevent sticking. Lastly, keep a close watch as these noodles take less time to cook and must have a nice chewy and firm texture. Run the noodles through cold water and pair them with your favourite delicacies.

HOW IS IT SERVED IN JAPAN?

Soba noodles are served with a classic Japanese tea known as Sobayu, which is a traditional way of serving these noodles. Sobayu is the noodle cooking water, which is mixed with a leftover dipping sauce called Tsuyu. This classic tea is rich in vitamin B and other essential minerals, which makes this Japanese noodle meal a powerhouse of nutrition.

Since the onset of the pandemic, yoga has become a part of the daily routine for many people. Those who do not like gymming, often turn to yoga for their daily dose of physical and mental activity. But, because it's a science of the body and mind, here are 11 don'ts of yoga you must keep in mind before practising yoga next time

11 DON'TS OF YOGA



DO NOT OVEREXERT

Even if you are performing some simple asanas, do not overexert yourself. On the scale of 1 to 10, where 1 is the easiest, every asana you perform does not have to be 10. Some can be 8, 7 or even lesser. Also, it depends on your body and daily routine.

WEATHER

Do not perform yoga in extreme weather conditions, like when it is too hot, too cold or too humid.

MIND YOUR BREATH

Breathing plays a vital role in yoga practice. One should not hold their breath unnaturally until instructed by the trained. Breathe normally unless any special instructions are given.

YOGA AFTER MEALS

Do not perform yoga right after having meals. Wait for at least 2-3 hours so that the food can settle down by the time you start your practice.

SAY NO WHEN UNWELL OR EXHAUSTED

Many people take yoga practice as a light one, which is not true. Yoga sessions can make you sweat like anything. So, when you are tired or ill, avoid practising yoga so as not to overexert your body.

DO NOT WEAR TIGHT CLOTHES

Say no to shoes and tight clothing while performing yoga. Tight upper back clothing can restrict the movement of the rib cage and lung that can result in incomplete breathing.

MENSTRUATION YOGA

Do not do the 'feet up' (inverse) poses while menstruating. Perform simple relaxation and breathing poses while you are on your periods.

POST YOGA WORKOUT

It is suggested not to perform any high-intensity workout post-yoga session. Perform it before the yoga session if you are planning to.

WATER

Do not drink too much water in between the yoga practice. You can have some sips in between to overcome your thirst. Having too much water can make you feel heavy and hinder your practice.

INDOOR LIFE

DIY tips for ECO-FRIENDLY INTERIORS

PLANNING TO MAKE ENVIRONMENT-FRIENDLY CHANGES TO YOUR HOME DECOR? THESE EASY TIPS CAN ADD A SUSTAINABLE TOUCH

FUN WITH FAIRY LIGHTS

Wrap fairy lights around dried bark as a decor item. You can either paint a stack of dried branches in a single hue or keep a raw, withered bark aside. Once dried, wrap fairy lights around it and hang it in an empty corner to give the space a cosy, comfortable feel. Voila, a stunning nook is ready!



in a neutral colour or wrap a pretty cloth around it, hang it on your accent wall and tie the macrame wall piece to it. You have an accent wall ready. You can also cut jute ropes in varying lengths and hang your favourite photographs on them.

REUSE OLD JARS

Don't throw away empty jars or old water bottles. Take one such empty container and paint it in your favourite colour or wrap with paper that has quirky designs. Put a succulent in the jar and place it on your work desk or bedside table. You can even use the jar as a storage box for your knick-knacks.

UTILISE SPARE HANGERS

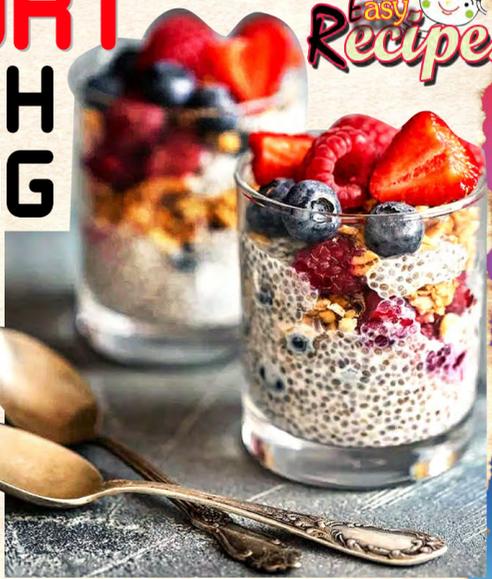
Got a macrame wall piece but can't find the right way to hang it? Don't stress, paint that spare hanger

YOGHURT CRUNCH PUDDING

Want to enjoy a healthy dessert after a leisurely meal? Try this pudding recipe

INGREDIENTS

- 2 cup yoghurt (curd)
- 4 tablespoon honey
- 1/4 cup pomegranate seeds
- 1 Pinch powdered cinnamon
- 1 cup breadcrumbs
- 1/4 cup strawberry
- 1/4 cup blueberry
- 1 tablespoon chia seeds



HOW TO MAKE

STEP 1

Mix the ingredients in a bowl, add yoghurt and honey. Mix them well. Now add chia seeds, a pinch of cinnamon powder, chopped strawberries, blueberries and pomegranate. Save some of the fruit for garnish. Mix everything well.

STEP 2

Layer it up Now take a dessert bowl or glass and add a layer of breadcrumbs at the bottom and press it down properly with a spoon. Add a scoop of the yoghurt mixture and level it. Now add another layer of breadcrumbs and flatten it out. Again add a layer of fruit yoghurt. Repeat these steps to fill the bowl/glass till the top.

STEP 3

Garnish and serve Garnish with leftover fruits and serve. Enjoy the yummy and healthy dessert pudding.

PANDEMIC LIFESTYLE

TIPS FOR A TENSION-FREE FAMILY HOLIDAY



Parents want to go on a relaxing holiday with their kids but with Covid-19 still around, there are safety concerns of travelling with children. However, by assessing a few variables, parents can make informed decisions about their travel plans

How much risk does Covid-19 pose for kids?

Children develop severe symptoms of Covid-19 far less commonly than adults, and their fatality rate is also much lower. However, some children do suffer from long Covid - the lingering effects of Covid-19 are still not fully understood. But even when children do not get seriously ill or show symptoms, they can still transmit the virus to other children and adults. The rate of child-to-adult transmission of SARS Cov-2 is roughly half the rate of adult-to-child transmission. So, while the risk is low for children, transmission to other kids and adults is still a serious concern.

Are outdoor events safe?

Being outdoors is safer than being indoors. Outdoors, the virus disperses quickly, greatly reducing the chances of exposure. But be wary of distance. Sitting near other people for several hours outdoors, like at a match or a music festival, could still carry some risk.

What steps can lower the risk of infection?

Every parent will need to weigh the risks and make their own decisions. Travelling will inevitably lead to exposure to unvaccinated kids and adults. But the risk will be determined by the extent of that exposure. Consider using masks even indoors, whenever possible.

Are road trips safer than air travel?

With air travel, families need to consider the number of people they are exposed to in airports, as well as on the airplane. In airports, travellers are exposed indoors to many people, potentially from different parts of the country and the world. But the risk is reduced by the requirement to wear a mask at all times. In general, travelling by road is safer, with exposure limited to infrequent rest stops and short meal breaks.

What kind of gatherings are safe right now?

When people travel, they come into contact with strangers, friends and extended family whom they could not encounter at home. These interactions, what epidemiologists call 'mixing', increase the chances for people to be exposed to SARS-CoV-2. The vaccination status of the people encountered, the nature of that encounter and the duration of the encounter can all affect risk. If you are near many people for several hours, the risk is greater than if you are near a few people for less time. If almost everyone you'll come to know with is vaccinated, the risk will be very low.