



# THE TIMES OF INDIA

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TODAY'S EDITION

➤ As kids are more prone to getting traumatised by troubling events, here's few tips on 'Family Time' on how to help them manage stress  
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➤ Know more about Warli art as we tell you how to create this art with coffee  
**PAGE 3**



➤ IPL 2021: KKR eye a win over RR to remain ahead in play-off race  
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STUDENT EDITION  
THURSDAY, OCTOBER 7, 2021

## THE IMPACT

**1** The nuclear waste, if released, can be toxic for humans and animals and the thousands-year-old viruses could be detrimental to society if they also break free from the icy prison

**2** In 2016, in Siberia, thawing permafrost exposed a 70-year-old reindeer carcass infected with anthrax, killing a child and affecting several other people, according to the Observer Research Foundation

**3** Another risk concerns by-products of fossil fuels, which have been introduced into permafrost environments since the beginning of the Industrial Revolution

**4** The Arctic also contained natural metal deposits, including arsenic, mercury and nickel, which have been mined for decades and have caused huge contamination from waste material across millions of hectares

**5** These compounds, if released from the permafrost, would also release food scarcity by poisoning animals and fish in the area that humans rely on for food

**6** The toxic compounds, along with the nuclear waste, would also release more greenhouse gases into the atmosphere and significantly contribute to climate change

Permafrost, which remains completely frozen—32°F or colder—for at least two years straight, houses everything from microbes to chemical compounds, all of which have been trapped in an icy cage for over a millennia



## TOP 3 BUZZ OF THE DAY

### HONOUR

**DUO WINS NOBEL CHEMISTRY PRIZE FOR WORK ON CATALYSTS**



Germany's Benjamin List and David MacMillan of the United States on Wednesday won the Nobel Prize in chemistry for their development of a precise new tool for molecular construction, the jury said. The duo was awarded "for their development of a precise new tool for molecular construction: organocatalysis. This has had a great impact on pharmaceutical research, and has made chemistry greener," the Nobel Committee said.

- List and MacMillan, both 53, will share the 10-million-kronor (\$1.1-million, one-million-euro) prize
- MacMillan is a professor at the Princeton University in the US, while List is a director at the Max Planck Institute in Germany

### ECONOMY

**REBOUND GALORE: MOODY'S CHANGES INDIA'S RATING OUTLOOK**



Global ratings agency Moody's Investors Service on Tuesday changed India's ratings outlook to stable from negative, saying downside risks in Asia's third largest economy and its financial institutions have reduced. Moody's said India's decision to keep the financial institutions flush with liquidity also reduced the risk to the country from the financial sector.

- The Indian economy has shown signs of a strong rebound after a second wave of Covid-19 infection killed thousands of people in April and May
- The latest move by Moody's supports the government view that India is rebounding at a pace faster than earlier anticipated and doubts about its economic revival have been put to rest

### SPORTS

**HOCKEY INDIA WITHDRAWS FROM 2022 BIRMINGHAM CWG**

India on Tuesday pulled out of next year's Birmingham Commonwealth Games' hockey competition, citing Covid-19 concerns and UK's discriminatory quarantine rules for travellers from the country, a day after England's withdrawal from the junior men's World Cup in Bhubaneswar over similar reasons.



➤ The UK recently refused to recognise India's Covid-19 vaccination certificates and imposed a 10-day hard quarantine on travellers from the country even if they were fully vaccinated



## CLIMATE CHANGE GOES NUCLEAR

Cold War era nuclear waste and deadly pathogens, lying deep below the Arctic's permafrost, could soon be released to the surface as a result of rapidly melting ice, a new study warns. According to scientists, two thirds of the Arctic's near-surface permafrost could be lost by 2100 due to climate change, as the area is warming at as much as three times the average global rate. The researchers highlight the 130 nuclear weapons tested in the atmosphere by the Soviet Union from 1995 to 1990, which left behind high levels of radioactive substances.



isms in the deep permafrost have already been found to be antibiotic-resistant, according to the study (Source: Daily Mail)

- Along with the nuclear waste, there are hundreds of microorganisms currently frozen in the ice. As the permafrost thaws, there is potential for these bacteria to mix with meltwater and create new antibiotic-resistant strains of existing viruses
- More than 100 microorganisms

## WHO TO TAKE FINAL DECISION NEXT WEEK ON APPROVAL TO COVAXIN

The World Health Organisation said on Tuesday that it will make a decision on granting emergency use listing (EUL) to Bharat Biotech's Covid-19 vaccine next week. The WHO said, Bharat Biotech has been submitting data to it on a rolling basis and provided additional information at its request on September 27.



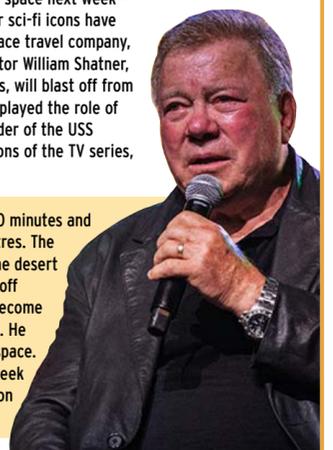
## Facebook Gaming creators can co-stream now

Tech giant Facebook is adding co-streaming to Facebook Gaming, a useful feature the Twitch competitor has lacked since it launched in 2018. Additionally, while Twitch's version of a co-streaming feature – Squad Stream – requires you to be a Twitch Partner, Facebook is making co-streaming available to everyone, reports The Verge.

- Starting a stream involves tagging up to three other creators during stream setup or after you are live. If the other creators tag you back, then your audience is launched into a "co-streaming viewer experience", according to Facebook
- Besides being a method to introduce creators to each other and their audiences, co-streams also allow viewers to see the same game from different perspectives
- Both Twitch and Facebook Gaming viewership blossomed during the pandemic, with Facebook Gaming up 82 per cent year over year in terms of hours of watch time, the report said.

## "Beam me up, Scotty" KIRK TO SAY FOR REAL

Captain Kirk is rocketing into space next week—Boldly going where no other sci-fi icons have gone before. Jeff Bezos' space travel company, Blue Origin, has announced that actor William Shatner, who starred in the 'Star Trek' series, will blast off from West Texas on October 12. Shatner played the role of Captain James T Kirk, the commander of the USS Starship Enterprise, for three seasons of the TV series, and in seven movies.



- Shatner's flight will last just 10 minutes and reach no higher than 106 kilometres. The capsule will parachute back to the desert floor, not far from where it took off
- Ninety-year-old Shatner will become the oldest person to go to space. He will also be the second actor in space. A Russian actress took off this week for the International Space Station for a shoot.



## ADELE returns with new music after 6 yrs

British singer Adele has teased her first new music since her 2015 Grammy Award winning album '25', with a video clip for the song 'Easy On Me'. Known for chart-topping ballads such as 'Hello' and 'Someone Like You', Adele posted the black and white video on her Twitter and Instagram pages on Tuesday, with the caption 'Easy On Me - October 15'.

Adele released '25' in November 2015. It topped charts around the world and scooped the coveted album of the year prize at the Grammy Awards

The video shows the singer in a car, putting a tape into a cassette player, checking the rear view mirror, increasing the volume and then driving off in a vehicle carrying packed up belongings. Soft piano music plays in the background as sheets of music fly out of the window



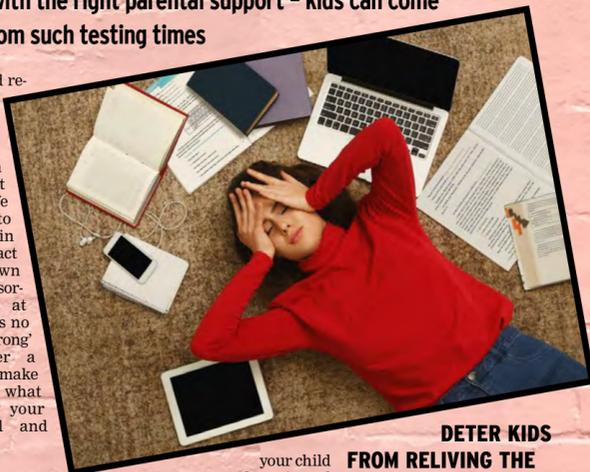
# Help your kids cope with STRESS

In comparison to adults, children are prone to getting traumatised by troubling events easily, and this makes it important for parents to help their children when the times are tough. It could be a bad accident, an unprecedented pandemic or other disasters, but with the right parental support - kids can come out stronger from such testing times

Every child responds differently to disturbing events: What children feel about a current disaster in their life and how they react to it can come and go in waves. Children can act moody and withdrawn at times, struck with sorrow and fear at other times. There's no absolute 'right' or 'wrong' way to feel after a traumatic event, so make sure not to dictate what your child or how your child should feel and react to the event.

## ENCOURAGE YOUR CHILD TO BE TRANS-PARENT

Just make sure you let your child know that whatever feelings they're experiencing is normal. The unpleasantness will pass if



## DETER KIDS FROM RELIVING THE DISTURBING EVENT

your child opens up about it and that the phase is temporary. While many teens may be reluctant to talk about their feelings with a parent, encourage them to confide in another trusted adult such as a family friend, relative, or a counsellor teacher. It's important to talk—even if it's not with you.

## COOCOON YOUR CHILD WITH WARMTH

In order to reassure your child that they are safe with you and feel secure, that the worst is over, your physical affection is important in making them feel safe again. Teens may try to be tough through it and avoid being held, but they still need the proximity.

## ACKNOWLEDGE AND VALIDATE YOUR CHILD'S CONCERNS

The disastrous events in life may give place to unrelated fright and concerns in your child. However, understanding and accepting about the future being dark, hopeless, and unpredictable.

## MAINTAIN ROUTINES

Establishing a predictable structure and schedule for your child's life can help to make the world seem more stable again. Try to maintain regular times for meals, homework, and family activities. Make sure your child accommodates time and space for rest, play, and fun. Keeping up with a schedule can help countercheck the obnoxious feeling of stress and worry in children

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your child's present state is a comfort for the child. If at any point the child blames himself for the event, make it clear that the event was not his/her fault.

Irrespective of the age of your child, it is vital for parents to offer that extra support following an unsettling event. The traumatic event may bring up unrelated fears in your child. However, by accepting their thoughts and replacing their fear with your love and direction, the sadness and anxiety will fade away.



## 5 PODCASTS FOR PARENTS WHO NEED A BREAK

The Covid-19 pandemic has created a secondary epidemic of burnout among parents, and back-to-school season may not provide much relief. After more than a year of juggling at-home schooling with remote work, parents must now weigh the risks of letting their children return to school against the academic and mental health effects of keeping them home.

If you're one of the many parents who could use a break this month, these seven podcasts will provide a sense of community and useful tips for just about any parenting scenario. There are also a few shows in here to help keep your children entertained.

### 'The Longest Shortest Time'

"The parenting show for everyone" may sound like an easy tagline, but Hilary Frank's insightful show actually earns it, telling fascinating human stories that will appeal just as much to those without children. One of the longest-running parenting podcasts in the game, 'The Longest Shortest Time' started life in 2010, after Frank experienced a traumatic injury during childbirth that left her in chronic pain. Desperate to feel less alone, she started podcasting. Despite being told that a show about parenting wouldn't have wide appeal, over the next nine years Frank built the show into an award-winning hit. It ended its run in 2019, but the full archive is available, offering a gold mine of stories about the challenging, miraculous and unpredictable process of raising small humans.



### 'But Why: A Podcast For Curious Kids'

Curiosity is a wonderful attribute in children, one to be celebrated and cultivated. But for overstretched parents, managing a barrage of 'why' questions can become taxing pretty fast. Enter Vermont Public Radio's 'But Why,' a show that avoids talking down to children by inviting them to dictate the topics. Each episode begins with a recording of a young listener asking a question—for example, "Who invented money?" or "Are seeds alive?"—which the host, Jane Lindholm, answers by enlisting an expert. Delivered in short, digestible chunks, the explanations keep children entertained while filling in some gaps in adults' knowledge.

### 'Good Inside With Dr Becky'

"There are numerous podcast hosts out there offering parenting advice, with varying levels of qualifications to back it up. Dr Becky Kennedy, a clinical psychologist (and mother of three), began her show in April, and offers an appealing blend of expertise, personal experience and calming mind-management techniques. Many episodes are geared around advice on how to respond to challenging situations—for example, when your child is lying, or rejecting you or showing aggression—while other 'Deep Dive' episodes focus on Kennedy speaking to parents about a problem they're facing. Kennedy's actionable solutions always take into account the psychology of both the child and the parents, which makes the podcast a validating listen.

### 'One Bad Mother'

"We aren't all magical vessels," is the unofficial catchphrase to this long-running conversational show, referring to the toxic myth that new motherhood should be a natural and seamless transition for every woman. As the hosts, Biz Ellis and Theresa Thorn, know from personal experience, becoming a mom can also be isolating, painful and traumatic, particularly when it feels like everybody else is effortlessly doing it right. To combat that culture of shame, Ellis and Thorn started 'One Bad Mother' to have candid conversations about how unnatural and imperfect motherhood often feels—and how that takes nothing away from the joy of it. With a catalogue of more than 400 episodes, the show is an invaluable antidote to mom shaming.

### 'Smash, Boom, Best'

A debate show for children might sound like a tough sell, but this is a godsend for parents trying to find alternatives to screen time. Created by the same American Public Media team behind kid-friendly science show 'Brains On!,' each episode of 'Smash, Boom, Best' begins with a simple question: Which of these two things is better? Chocolate or cheese? Bikes or skateboards? In each episode, adult debaters argue their side to a panel of young judges, who then pass judgement on which is cooler. The format of this show teaches kids how to argue respectfully and back up their opinions with facts.

### 'Respectful Parenting: Janet Lansbury Unruffled'

"Take the mobile off the bed, take care of their needs, and leave them alone." This quote, from early childhood educator Magda Gerber, inspired former actress and model Janet Lansbury to rethink her entire approach to child care. Gerber pioneered an approach known as RIE parenting, which emphasises authentic communication with children of all ages (that is, speaking in a normal adult voice, even to babies), giving them space to play independently, and treating them as capable and autonomous.

Include these podcasts in your parenting know-how and de-stressing schedule. They are empathetic in the sense that they will make you feel - all parents are in it together!



## REVELATION

# 44% millennials skipped breakfast amid pandemic

A recent study has shown that 44% of urban millennials skipped breakfast during Covid and delayed meals due to

increased household chores and late start to the day. The study also stated that 64% of urban millennial respondents were driven towards a healthy immune system.

The study was conducted with 1,000 respondents in the age group of



18-50 years, focusing on urban millennials in Delhi, Mumbai, Bengaluru and Kolkata. The study further pointed out that increased consumption of fruits, veggies and whole grains, emerged as the key trend during the pandemic.

Additionally, it was found that 71% of urban millennials leaned towards the popularity of fad diets, including keto and intermittent fasting among others to maintain weight.

Vidhi Sharma, consultant at a market research company said, "While millennials acknowledge the importance of breakfast, they often tend to skip breakfast due to their work schedules."

## THE YOUNGEST PERSON TO TRAVEL TO EVERY COUNTRY

### TRAVEL DIARY



We have all dreamt of touring the world, but only a handful can make it happen. Here is someone who has made it possible at the age of 21. Lexie Alford, who is now 23 years of age, is the youngest person to have ever travelled to all the countries in the world.

Alford began travelling with her parents, as her mother owns a travel agency. By the time she was

18, she had already been to 70 countries. Alford said in an interview that one of her biggest dreams was to live a year of her life without school or work, so she saved up, and took a gap year to travel the world.

According to her, it was

**DO YOU WANT TO TRAVEL TOO?**  
Travelling alone teaches you a lot, especially about independence. If you really want to travel when you attain the legit age, would you want to do it like Lexie Alford? Share your travel dreams and aspirations with us at: [timesnle175@gmail.com](mailto:timesnle175@gmail.com)

### HER FAVE PLACES

Though she can see it all, Alford is particularly fond of Indonesia for diving there (yes, she's a diver). Venezuela, she says, is absolutely beautiful, and its natural beauty is extraordinary.