



# THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

MONDAY, MARCH 1, 2021



WEB EDITION

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MANN KI BAAT

## Be a warrior, not worrier: PM TO STUDENTS

**W**ishing students ahead of their examination in the coming months, Prime Minister Narendra Modi said, they must compete with themselves rather than others. "The coming months are of special importance in your life. My young friends, you will be appearing for your exams. But do remember you have to become a warrior, not a worrier; take the exams smiling and return home smiling. Also understand, you have to compete with yourself, not against anyone else," the PM said. Addressing his monthly Mann Ki Baat, the PM also dwelled on many other subjects of national importance...

### MAJOR HIGHLIGHTS



**ON WATER CONSERVATION:** Water has been crucial for the development of humankind for centuries. Water is our life, our faith, and also the stream of development. We have to understand our collective responsibility towards water conservation. Monsoon will begin in many parts of the country by around May-June. So, this is the best time to think about water conservation. Let's begin a 100-day campaign to clean up all the water bodies and prepare them for rain water harvesting before the monsoon season starts. As a part of the Union Jal Shakti ministry's 'Catch the rain' campaign.

### ON THE CONTRIBUTION OF SCIENCE TOWARDS MAKING INDIA ATMANIRBHAR:

When we talk of science, many a time people restrict it to physics, chemistry or labs, but the spread of science is much more than that. We have to move science forward with the mantra of 'Lab to Land'. Science also contributes to the 'Atmanirbhar Bharat' campaign. The first condition for the goal is to take pride in the things made by our people. Self-reliant India doesn't remain just an economic campaign but becomes a national spirit when we see our fighter plane 'Tejas' made in our country, doing acrobatics in the sky, when we see Made-in-India coaches in metro trains in advanced nations, when we see Made-in-India Covid vaccines reaching dozens of countries. And it is not that only bigger things will make India self-reliant—Indian-made textiles, handcraft goods made by talented artisans, electronic appliances, mobiles, etc., in every field, we have to increase this pride. When we move forward with this thought, only then will we become self-reliant in the true sense.

### ON PARIKSHA PE CHARCHA



Just like every year, I will interact with students and teachers on how to beat exam stress during 'Pariksha Pe Charcha' programme. But before the 'Pariksha Pe Charcha' begins, I request parents and teachers to share their experience and their tips. You can share them on MyGov and NarendraModi app. Along with the youth, parents and teachers will also be invited this time during the 'Pariksha Pe Charcha' programme. You will find information about how to participate, how to win prizes, how to get an opportunity to discuss with me on MyGov

The way we know of other scientists of the world, the same way, we should also know about the scientists of India

You have to get enough sleep and manage time well also. Don't stop playing, because those who play will blossom. You have to apply the techniques of revision and smart ways of memorisation to bring out your best in your exams

Narendra Modi, PM, addressing students

### Spotlight

SIX CITIES TO HOST IPL 2021; MUMBAI SAYS NO TO FANS



Moving away from their initial plan to host the Indian Premier League's (IPL) 2021 edition between Mumbai and Pune — and part of the playoffs and final in Ahmedabad — the BCCI has now shortlisted six cities to conduct this year's tournament.

- Mumbai, Bangalore, Chennai, Kolkata, Ahmedabad and Delhi have been shortlisted to host this year's IPL
- The IPL, which is scheduled to begin in the second week of April (tentatively April 11) and conclude in the opening week of June (tentatively June 6), may not find spectators being allowed at some centres, while other centres may allow fans up to only 50% of the stadium's capacity
- There won't be any spectators in Pune due to the sudden spike in Covid-19 cases in Maharashtra

### YOUTUBE BRINGS NEW FEATURE TO HELP PARENTS 'SUPERVISE' WHAT THEIR KIDS WATCH

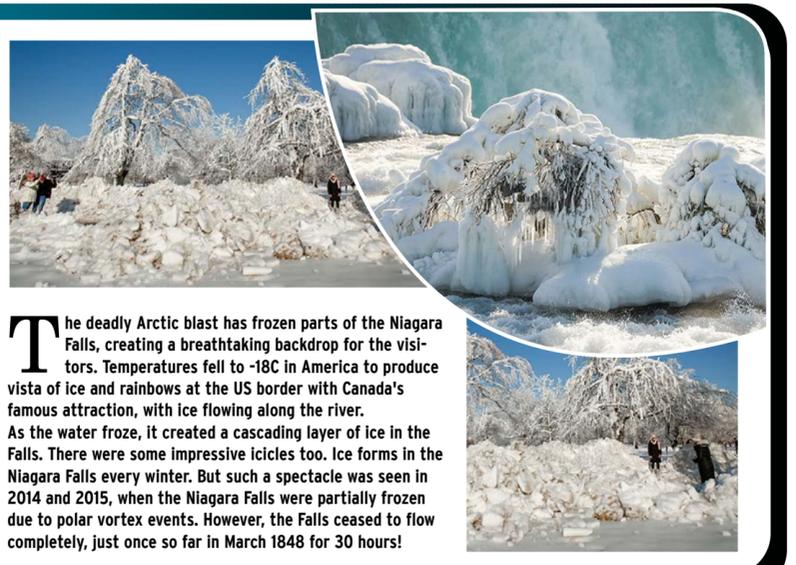


YouTube is all set to introduce a new feature to help parents control what their children watch on their channel. This feature is aimed for those kids, who no longer will find the YouTube Kids app interesting, as they have grown up but are not adults yet to enjoy the entire YouTube catalogue of videos. In its latest announcement, YouTube has said that in the coming months, it will launch a new support for parents to allow their children to access YouTube through a supervised Google Account.

### HOW IT WORKS

- 1 Parents will be given three different content settings on YouTube to choose from: explore, explore more, and most of YouTube
  - 2 According to YouTube, the support has been designed for parents, who think their children are ready to explore the vast universe of
  - 3 Besides choosing the content settings for their kids, parents will also be able to manage watch and search history from within their child's account settings
  - 4 YouTube has also decided not to display personalised ads in "certain categories"
- As a policy, people above 13 years are eligible to use YouTube. For people below 13, the company recommends the use of YouTube Kids, a dedicated app, built with simple curated content for kids

### NIAGARA THAWS



The deadly Arctic blast has frozen parts of the Niagara Falls, creating a breathtaking backdrop for the visitors. Temperatures fell to -18C in America to produce vista of ice and rainbows at the US border with Canada's famous attraction, with ice flowing along the river. As the water froze, it created a cascading layer of ice in the Falls. There were some impressive icicles too. Ice forms in the Niagara Falls every winter. But such a spectacle was seen in 2014 and 2015, when the Niagara Falls were partially frozen due to polar vortex events. However, the Falls ceased to flow completely, just once so far in March 1848 for 30 hours!

### FACTOID

\$6 MILLION

Price of a painting of a Paris street scene by Vincent Van Gogh, which is likely to fetch at an auction. All set to be shown to the public for the first time, after spending more than a century behind closed doors in the private collection of a French family, the work, painted by Van Gogh in 1887, while he was staying with his brother Theo in the French capital, the painting will be put on display by Sotheby's auction house in Amsterdam, Hong Kong, and Paris, prior to being auctioned off next month

- Titled 'A street scene in Montmartre,' the painting depicts a man and woman, strolling arm in arm past a ramshackle fence with a windmill in the background
- The painting is part of a series that Van Gogh produced of scenes in Montmartre, a hilly-district of Paris, now dominated by the Sacre Coeur church



### 'Tom & Jerry' are back. This time to disrupt a posh celebrity wedding in NY

Tom & Jerry', the rambunctious cat and mouse duo that has entertained audiences since 1940, appeared in a new feature film, which finds the cartoon characters threatening to disrupt a celebrity wedding at a posh New York City hotel. The film, a hybrid of animation and live action, debuted on Friday in theatres and on the HBO Max streaming service. It stars Chloe Grace Moretz as a newly-hired hotel worker, who tries to curb the pair's long-standing behavioural problems.

Tom and Jerry, created in 1940 by William Hanna and Joseph Barbera, starred in a series of animated short films, followed by various TV shows and feature films over eight decades

### ENTERTAINMENT



Must Read

# Books to watch out for

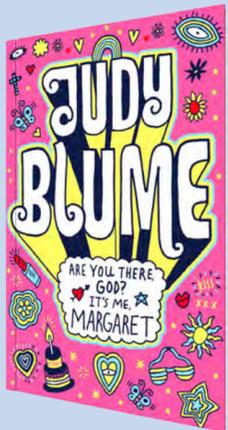
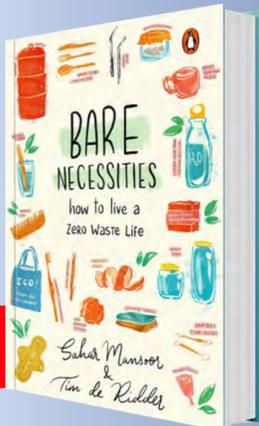
Compiled by NITYA SHUKLA

## BARE NECESSITIES: HOW TO LIVE A ZERO WASTE LIFE

by Sahar Mansoor and Tim De Ridder

A one-stop guide on living a more sustainable lifestyle in India. Sahar Mansoor is the founder and CEO of Bare Necessities, a zero-waste social enterprise and Tim De Ridder is an environmentalist and sustainability consultant. The authors have based the book on their experiences while running workshops, events and interacting with communities across the country. The book has 80 tips and tricks to help readers move towards a zero-waste lifestyle.

Must read for explorers of zero-waste lifestyle



## ARE YOU THERE GOD? IT'S ME, MARGARET

by Judy Blume

It's time to read this book before its adaptation hits the screen. According to reports, author Judy Blume's classic coming-of-age story is getting adapted for a film starring actors Rachel McAdams and child star Abby Ryder Fortson. The epic is about Margaret Simon, a sixth grader, who is questioning everything about adolescence and puberty and is searching the universe for whatever answers she can find. With her mother and grandmother trying to guide her through a time when everything is changing, they too find that you never stop questioning your path and defining what is meaningful in your life.

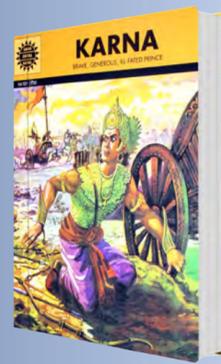
Read it before you watch it

## THEY FOUND WHAT/THEY MADE WHAT

by Shweta Taneja

A biologist who smashed cancer cells, "a space scientist who sent a rocket to Mars", or "an ecologist who stumbled on a rare species of frog!" An upcoming book will educate children about the daring discoveries and ingenious inventions of India's brightest scientists. Releasing on National Science Day, celebrated on February 28, it features stories of renowned scientists, including the likes of Sonam Wangchuk, owner of over 400 patents; Anil Bhardwaj, winner of the 'Outstanding Achievement Award' from ISRO; Venkatraman Ramakrishnan, winner of the Nobel Prize in Chemistry and Vijayalakshmi Ravindranath, head of the Centre for Neuroscience, Indian Institute of Science, Bangalore.

Science it up!



## AMAR CHITRA KATHA COMICS

by the writers of Amar Chitra Katha

Publishing house HarperCollins India and Amar Chitra Katha have announced a new collaboration to publish adaptations of popular ACK comics into a narrative format for young children. This series, put together meticulously by the writers at Amar Chitra Katha, brings together some of the greatest folk tales in the ACK catalogue. Each book in the series is adapted from the original Amar Chitra Katha comics and aims to bring the reader closer to the thoughts and traditions that make up our country's identity, said a joint statement by HarperCollins India and ACK.

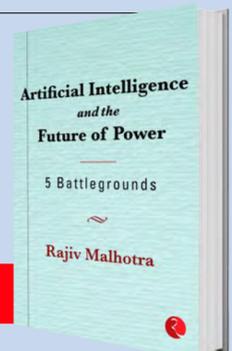
Back to the future

## ARTIFICIAL INTELLIGENCE AND THE FUTURE OF POWER

by Rajiv Malhotra

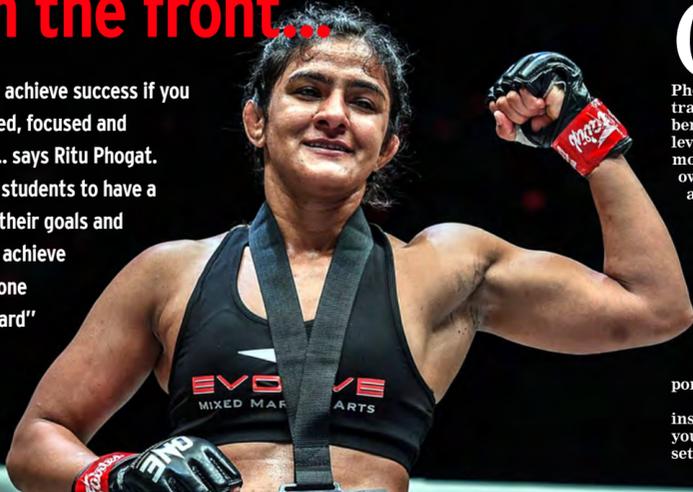
With Artificial Intelligence helping "biological materialism sneak in through the back door", the world is witnessing a real clash of civilizations with "the battle between algorithm and being." One of the most respected venture capitalists of Silicon Valley and a former chairman of the powerful TIE Global takes a deep dive into a phenomenon that is only partially visible, like an iceberg.

Ahoy technocrats



# Ritu Phogat shares her journey and how she learnt to lead from the front...

You can only achieve success if you are disciplined, focused and determined... says Ritu Phogat. She inspires students to have a foresight of their goals and passion. "To achieve those goals one must work hard" - is her message to all...



Commonwealth Wrestling Gold Medalist Ritu Phogat comes from a very famous wrestling family. Her father, Mahavir Singh Phogat, is a legendary coach, having trained several of her family members and leading them to the highest levels of the sport, inspiring the hit movie 'Dangal.' Phogat began her own training at the age of 8, and just a few years later, she dropped out of school to focus on her wrestling career. Since then, she has gone on to garner countless accolades in the sport. Ritu Phogat is a wrestling champion and a superstar from India. In a recent event, the champion emphasised time and again that the attributes (of self discipline and hard work) are of extreme importance for those who want to excel. "I don't want you to admire me, instead be inspired and learn to put your heart and soul to what you have set out to achieve," she declares.

HERE IS AN EXCERPT FROM AN INTERVIEW OF THE FEMALE ATOMWEIGHT STAR... SHE HAS LEADERSHIP LESSONS FOR ALL...

**1 How did you get the name 'Indian Tigress'?** During my wrestling days, many people used to say that the moment I put my mind to something whether it was in the wrestling ring or outside, I would go for it like a determined tigress! Hence, I got this name.. Today, Phogat is one of the fastest rising mixed martial arts (MMA) talents in the world, which combines different martial arts disciplines together in a seamless fighting style.

physically and mentally to apply my skills in the right manner.

**3 Apart from your sisters, which other sports personalities are your icons?** Virat Kohli is really inspiring; I like watching his training videos. Also Khabib (Russian martial arts champion) is very inspirational for me.

**4 What is the one lesson from your sports life that you use in your personal life?** Discipline.

If we are not disciplined, we cannot achieve anything. Also remember; the stronger you are, the faster you are, and the more powerful you are, the better your chances of success. Building strength and conditioning is essential to every martial artist. That means developing strength in your muscles, learning how to use leverage, activating your fast-twitch muscle fibers, and enhancing your cardiovascular endurance.

These all work together to turn you into a fighting machine. What can lead you to this strength is self discipline. If you let go of that, you may miss on something.

**5 Do high expectations affect you?** No, not really. In fact, I get motivated due to high expectations and train harder. If people are rooting for me, I must not let them down! The mantra that keeps me going - Obviously, if you have to fight, then fight to win. A fight to the end matters quickly and decisively.

**6 Many women in India don't get enough encouragement to take up sports, what will you tell them?** I urge parents to support their daughters because they deserve the chance to represent their country and make everyone proud. With hard work and dedication, anyone can achieve greatness.

**7 If there is ever a biopic ode on your life, which Bollywood actor would you choose to play your character?** I would like to play the role myself in the film as no one knows the struggle and journey of my life better than me.

**8 Does family support have a huge role to play in the success of a sportstar?** I strongly believe so. Take my case for example; My family noticed that I have a keen interest in mixed martial arts, so they never questioned my decision and fully supported it. Geeta was a bit nervous initially but she trusted me to pursue it with 100-per cent dedication. Given that backing, I knew I only had to give my best and see what's in store!

## GARDENING GYAN



### CARROTS

They are not exactly a speedy vegetable, but if you choose a quick-growing finger-sized variety, you can expect the crunchy roots sprouting in six weeks. If sowing in pots, sow the seeds in pots of potting soil, spreading the seed thinly over the surface, then cover with a thin layer of potting soil.

## Veggies that grow quickly

At present, when the debates and discussions around adulteration in food are growing louder day by day, many of us have resorted to growing our produce in our gardens and terraces. If you are a beginner and want to grow vegetables fast, here is what you can do



### RADISHES

They are one of the fastest-growing vegetables, taking just three to four weeks to reach harvest time. They are also exceptionally easy to grow. Radishes can be grown in pots as well and sprout within just 3-4 days.



### SPINACH

This nutritious leafy green takes around 30 days from sowing to harvest. It can be sown at the beginning of every month to get fresh green spinach leaves by the end of the month.



### BEANS

They are useful in warm weather. In addition to harvesting quickly, they are soil builders that benefit the crops by fixing atmospheric nitrogen in their roots, then releasing it when the plants die off. The fastest to produce are the bush types, which are ready to harvest in approximately 50 days.



### BOK CHOY

Bok choy is a great plant to grow because it can produce a mature harvest in around 30 days. The tender dark green leaves and crisp off-white-coloured stalks provide a nice fresh crunch.



### SALAD LEAVES

They take only 21 days from sowing to harvesting. You can choose to sow one single variety at a time or a mix of your choice. Some of the popular varieties include lettuce, mustard and kale.



### GREEN ONIONS

You can get green onion stalks in around 3-4 weeks. They taste delicious as a garnish for soups or can be added to stir-fry as well. They are planted as bulbs, which take around 6 months to produce full-size.