



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

WEDNESDAY, MARCH 31, 2021



WEB EDITION

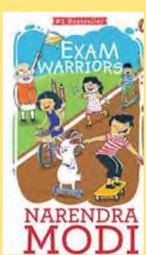
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Spotlight

PM ANNOUNCES UPDATED EDITION OF 'EXAM WARRIORS'

Prime Minister Narendra Modi has announced the updated edition of 'Exam Warriors', saying that the fresh edition is enriched with valuable inputs from students, parents and teachers. He also said that substantive new parts have been added in the new edition of 'Exam Warriors', which would especially interest the parents and teachers. "Let us all help our youngsters, as they appear for their examinations!" Prime Minister Modi said in a series of tweets. "How to make exam preparation fun? Is there anything interesting we can do sitting at home while preparing? There is a solution to this...an all new Exam Warriors module on the NaMo App," he said.

Modi will interact with students, parents, and teachers during 'Pariksha Pe Charcha 2021', regarding the upcoming Board exams, and share tips on how to deal with academic stress. The dates of the event will be announced soon



Covid-19 waste is killing animals around the world!



The masks and gloves used by people to stop the spread of Covid-19 are now proving to be a threat to wildlife, a report has found. According to researchers, animals are eating the plastic waste, as a disposed glove was found inside a penguin's stomach recently. Similarly, a bird was noticed entangled in a face mask (see pic). Pets, especially dogs, are at risk from the PPE-related plastic waste, they warn.

JOIN CovidLitter; a website that is urging people to note any sightings of animals affected by Covid waste, to create awareness on this new 'ticking plastic time bomb'

146 tons of bio-medical waste is generated per day in India due to diagnostic activities and treatment of Covid-19 patients, the ministry of environment informed Parliament recently



NOTE TO FUTURE SPACE TRAVELLERS: PREPARE FOR A SHRINKING HEART

In space, your heart gets smaller, claims a new study. Scientists have reported that the largest chamber of the heart of Scott Kelly, who spent nearly a year on the International Space Station (ISS) in 2015 and 2016, shrank in mass by more than one-quarter by the time he returned to the Earth. According to scientists, without the pull of gravity, the heart does not have to pump as hard, and like any other muscle, it loses some fitness from less strenuous use. For Kelly, the shrinkage occurred even though he exercised almost every day on the space station, a regimen that has proved effective at limiting the brittling of bone and loss of muscle overall.

The new discovery just adds to the litany of transformations that the human body undergoes without the steady downward pull of gravity. Astronauts also tend to have swelled heads, squashed eyeballs, shrivelled legs and bones that become more brittle

A MATTER OF CONCERN?

A smaller heart could be a concern for future missions to Mars, feel scientists. They say, problems could arise, if astronauts get injured or fall sick and are unable to exercise, or if the exercise equipment breaks. With weaker hearts, they could become light-headed and faint, when stepping foot on the Red planet after months of weightless travel, they add



SAVE THE DATE

'NOMADLAND' TO RELEASE IN INDIA ON APRIL 2

Director Chloe Zhao's multiple Oscar-nominated film 'Nomadland', is all set to release in India on April 2. The film features Academy award-winner Frances McDormand as a woman, who leaves home to travel around the American West, after losing her job.

- The Searchlight Pictures' film has garnered six nominations at the Oscars, including the best picture, best actress and the best director nod for Zhao
- The film is also nominated in seven categories at the BAFTA and won the best picture and best director at the Golden Globes Award 2021

IN THE NOBEL RACE Myanmar civil disobedience movement nominated for Nobel Peace Prize

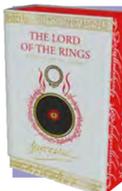


The civil disobedience movement that has sprung up in Myanmar since the military coup, has been nominated for the 2022 Nobel Peace Prize, a Norwegian academic said.

- Kristian Stokke, professor of sociology at the University of Oslo, said the movement represents an exemplary peaceful response to the power grab by Myanmar's army on February 1
- "This pro-democracy movement, if successful, can have consequences outside Myanmar, and inspire other non-violent pro-democracy movements elsewhere, especially, at a time when democracy is under pressure from the authoritarian forces," he added
- According to the Assistance Association of Political Prisoners (AAPP), a local monitoring group, 320 people have been killed and nearly 3,000 arrested since the coup that ousted Aung San Suu Kyi, a recipient of the prestigious award in 1991
- The 2021 peace prize winner will be announced on October 8. The World Food Programme (WFP) won last year

New edition of 'Lord of the Rings' to feature drawings, illustrations by Tolkien

An upcoming edition of JRR Tolkien's 'The Lord of the Rings' trilogy will include paintings, drawings and other illustrations by the British author for the first time since it was published in the mid-1950s. Houghton Mifflin Harcourt Books & Media have announced that the new version will come out on Oct 19 this year.



'The Lord of the Rings' books, which include 'The Fellowship of the Ring', 'The Two Towers' and 'The Return of the King', are among the best-selling fantasy novels in history. They were adapted into a blockbuster trilogy of films by director Peter Jackson

BOOK

KIIT, KISS to be first in the country to introduce chess in school curriculum

KIIT and KISS in Odisha will be the first-ever educational institutions in the country to introduce chess in the school curriculum. "This programme will be managed by the International Chess Federation, while KIIT and KISS will provide the required infrastructure. FIDE and AICF will extend all sorts of co-operation," said official sources



Education

- The All India Chess Federation (AICF) in association with the All Odisha Chess Association (AOCA) has decided to introduce this in the school curriculum
- According to the policy of the International Chess Federations' (FIDE), chess should be included in the school level study curriculum
- Chess is a part of school curriculum in different countries across the world

Parts of India to see deadly heatwaves in coming decades: Study



Limiting warming to 1.5 degrees Celsius will likely reduce the impact of deadly heatwaves by half, but the heatwaves will become a commonplace across South Asia, including major crop-producing regions in India, such as West Bengal and UP, says a new study. The findings indicated that these heatwaves will likely become more common in the coming decades, even if global warming is limited to 1.5 degrees Celsius.



In 2015, large parts of India and Pakistan experienced the fifth-deadliest heatwave in the recorded history, which caused about 3,500 heat-related deaths



Self-love is numero uno: Katrina Kaif

Celeb talk

Urging every woman to be independent, actress Katrina Kaif says 'self-love is numero uno'. "People will tell us all kinds of things and that is why, self-love is numero uno," she asserts. "Women should know what they are capable of. Sky should be our limit. We should not give anyone any kind of power to bog us down or even under-value ourselves," she adds.

The gap in education, the lack of access to equal opportunities and the deep-rooted belief that women are the weaker sex is a problematic perception. The stereotype that we attach to women should end, and I am glad to see a change taking place as we speak. If you do not have anyone's support, remember that you are self-sufficient. Change should come from within. We need to have a strong sense of self, and not forget that we are made for the greatest things

KATRINA KAIF, ACTRESS

New bacterial strains found on ISS may help grow plants in space



Discovery of a novel bacterial strains aboard the International Space Station (ISS) suggests the possibility of astronauts growing their own vegetables while in space, says a new study by researchers.

The new bacterial strains discovered from different locations aboard the ISS flights may help in creating the "fuel" to help plants withstand stressful situations, they add

50 per cent say online education led to insurmountable digital divide: Times NIE survey

EXCERPT: In a survey done by Times NIE, 50 per cent of the 536 respondents from Hindi speaking states: Rajasthan, Haryana, Uttar Pradesh, Jharkhand, Bihar and Madhya Pradesh think the digital divide is wider than ever and it may lead to serious problems if not addressed immediately

Deebashree Mohanty
Shashi Tharoor, Lok Sabha Member of Parliament, recently said that online learning in its current form is exclusionary and discriminatory. To his claim, the Education Minister, Ramesh Pokhriyal Nishank, shared his concern and said that the Union Government would look into the digital divide in education. "We have started One Class, One Channel to community radio channels initiatives," he said to the House on March 16, 2021.

technology start-up, half of the respondents interviewed felt the current online system of education led to a serious digital divide; while the other half said the issue of a divide cannot be traced back to online learning. Here's a look at the issue of the digital divide and some suggestions by educators pan India.

The problem

The pandemic has exposed a serious digital divide in the country with a section of students not having access to the internet or even learning aids like computers, laptops, tablets and smartphones.



The burning issue of the digital divide in India has become even more intense in the wake of the pandemic. Some suggestions for the government could be:

- 1) Enhanced global digital collaboration.
- 2) Enhanced local digital co-operation, including initiatives that increase bandwidth and provision of electronic devices.
- 3) Subsidy in internet plans.
- 4) Televising of educational programmes.
- 5) Increase public and private partnerships in digital technology and scale up to connect people and cities.



SONAL NARANG, vice-principal, Anand Niketan, Ahmedabad

MANY USEFUL SUGGESTIONS



According to a survey by the National Statistics Office, only 24% of households in India had access to internet, with the number dropping to 12% when considering households with students. This has caused the attendance to significantly reduce during COVID times and measures like subsidised Internet plans/waiving off internet charges should happen. Another option could be televising educational programmes for students with easier accessibility to TV.

SHAILAJA CHANDAR, eminent educationist

The digital divide can be addressed if citizens work towards equity in education. Enhanced collaborative activities through community centres equipped with public digital libraries and resources can really help in reducing the digital gap.

MANJULA RAMAN, CEO, Academics & Innovation, Royale Concorde International, Bengaluru



Part from community radio channels initiatives, the government should adopt appropriate policy intervention for the expansion of digital infrastructure and services. The government can encourage cost-effective solutions such as the use of satellite



devices, drones and the like that are appropriate for rural areas. The government should also narrow down the gender gap in internet usage.

RADHAMANI C, Senior section in-charge, Blooming Buds Bethania Sr Sec School, Thrissur

The Indian Government should take the necessary steps to provide affordable and robust broadband internet services to the rural education sector. Most of the online educational content is given in the English language, which may cause hin-



drance in the teaching-learning process in rural areas. The learning content should be made available to students in all regional languages for better results in the education sector. Even dependence on home-based internet connectivity should be reduced.

MEENAKSHI YADAV, SUPERVISOR, Zebur School For Children, Ahmedabad



The digital divide is primarily the issue when it comes to delivering on the education front especially in this pandemic situation. Indian villages do not get adequate electricity supply, many are disconnected from the world wide web and more of such technological hindrances have kept the digital divide in India between the urban and rural students intact. Government will have to tackle this issue on a war footing and actually hand out devices and resolve connectivity issues in real time at the grassroots level if they want to do something truly worthwhile for rural students.

SOBHA NAIR, Sr Coordinator, Guardian High School and Jr College, Mumbai

To reduce the digital divide, government needs to ensure that every family has a smart device, gets a low-cost internet facility and a strong bandwidth. Apart from that, regular training needs to be given to faculty on digital content and pedagogy to engage students in different languages. Different companies must be encouraged to provide such facilities to students and faculty.

BRATATI BHATTACHARYYA, Secretary General, Shikshayatan Foundation, Kolkata

The government should adopt a two-pronged approach - empower the students to access digital content and reduce complete dependence on online teaching. It would help to strengthen the rural and semi-urban sectors with infrastructure (electricity and stable bandwidth). Gadgets should be made available at subsidised cost and most importantly, teachers should be trained to balance between asynchronous and synchronous teaching modules.

ANUPAMA RAMACHANDRA, Principal, DPS Electronic City, Bengaluru



TO CONCLUDE

If the government continues online education with necessary supportive measures, the prevailing disparity in the virtual world could be resolved and the widening educational inequalities among learners can be bridged.

Survey credit: prashnam.ai

STAY HEALTHY

Have these anti-inflammatory foods

There are many ways to manage inflammation in the body and one of the easiest is by adding anti-inflammatory foods to your diet. These foods are rich in omega-3 fatty acids, lean protein, healthy fats, and spices. Check them out...

Berries

All kinds of berries: strawberries, blueberries, raspberries or blackberries, have anti-inflammatory properties. Berries are packed with antioxidants called anthocyanins. These compounds have anti-inflammatory effects that may help your body produce natural killer cells (NK cells) and keep you safe from lifestyle diseases.



Cruciferous veggies

Broccoli, cabbage, cauliflower, and kale, all belong to the mustard family (Brassicaceae). Commonly known as cruciferous vegetables, these green vegetables are loaded with great nutrients like folate, vitamin K, and fibre. Besides, they also contain antioxidants that may have anti-inflammatory effects on the body. Research has shown that eating cruciferous vegetables can reduce the risk of heart disease.



Green tea

The famous tea that is known for its antioxidant and anti-inflammatory properties is a great addition to the list. It is one of the healthiest beverages you can have to protect yourself from heart disease, cancer, obesity and other conditions. Green tea gets its goodness from a substance called catechins; drink it up.



Tomatoes

Eating healthy does not have to be expensive. Sometimes even common foods present in your pantry can help in protecting you from diseases, provided you eat them the right way. Tomatoes are commonly used to prepare curries in Indian households, but only a few people know how nutritious it is. The red fruit is rich in vitamin C, potassium, and lycopene, which has an antioxidant with powerful anti-inflammatory properties. Lycopene is more effective on your body when cooked; add it to bakes, curries.

Olive oil and coconut oil

Healthy sources of fat like olive oil and coconut oil also possess some anti-inflammatory properties. You can add both of them to your diet depending on the kind of dish you are preparing. Both oils have great health benefits and are good for the gut, heart, skin and hair. Olive oil is



even linked with reducing the risk of heart disease, brain cancer, and other serious health conditions. On the other hand, adding coconut oil to the diet may reduce markers of oxidative stress and inflammation. Have both and stay healthy.

DIY LIFE

Homemade green tea & aloe vera shampoo



If you love sipping green tea and have aloe vera plants in your garden, you have stellar ingredients to make your own shampoo at home. A shampoo that will be completely organic and sulphate free. Here's the DIY recipe:

- Keep the used green tea bags in 200ml of water and boil for 25 minutes.
- Remove the mixture from the stove and let it cool down.

- Once cooled, add another 200ml of liquid soap, some aloe vera gel and one tablespoon of olive oil.
- If you want to give it a fragrance, you can even add a few drops of essential oil like lavender, ylang-ylang or rose.

- When washing your hair with green tea shampoo, you won't need to use a conditioner, as the mixture is chemical-free. Just rinse it through your hair and wash off with cool water. TNN