



# THE TIMES OF INDIA

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**TODAY'S EDITION**

➤ With coronavirus cases on the surge, courtesy a more contagious variant, check out experts' advise on the use of masks

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➤ Educators and students share their views on the issues engulfing the nation and the world

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**STUDENT EDITION**

MONDAY, APRIL 5, 2021



**WEB EDITION**

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**PAK PM WRITES TO MODI FOR 'RESULT-ORIENTED DIALOGUE' WITH INDIA; FLIP FLOPS ON TRADE**

# Can INDIA trust Pakistan AGAIN?



Less than a day after lifting the trade ban on India, and after PM Imran Khan wrote to his counterpart Narendra Modi underlining the primacy of the Kashmir issue for Pakistan, and calling for the creation of an enabling environment for "result-oriented dialogue" with India, Pakistan has reimposed trade curbs on India. Islamabad's trade flip flop has again highlighted the mistrust that exists between both the neighbours. Students and experts debate on how New Delhi should handle Islamabad...



## WHAT'S THE STATUS NOW?

**1** Despite the ceasefire break-through last month that has for now at least brought the LoC hostilities to an end, the two countries still seem to be moving in circles when it comes to any substantive bilateral engagement

**2** India has continued to maintain that Pakistan must stop facilitating cross-border terrorism, if it wants good, neighbourly relations. Islamabad is seeking concessions from India on the J&K issue, without specifying in what form, to be able to move ahead in ties with India

### TIME NOT CONDUCTIVE FOR BILATERAL TALKS:

In order to maintain a cordial relationship with Pakistan, the way forward is a dialogue between both the nations. However, it is not an appropriate time to resume peace talks with our neighbour. Presently, the situation in Pakistan is grim, with its government changing its decisions with respect to India, every now and then. The latest being reimposing trade ban, after calling for a meaningful dialogue. New Delhi, should, therefore, tread its path cautiously.

**PAVANTHI B**, Grade IX, Billabong High International School, Kanchipuram



### STUDENTS' TAKE

**■ PRESSURE TACTICS WILL PAY DIVIDENDS:** With Pakistan reimposing a trade ban on India, the Centre should also go for the kill. The economic pressure should continue, and in fact be mounted to bring Islamabad on to the table. Moreover, as PM Modi has reiterated, cross-border terrorism and infiltration should be stopped to move ahead. I feel there shouldn't be any talks with Pakistan in the present scenario.

**PREENA SENGUPTA**, class IX, Pawar Public School, Pune



### DIALOGUE PAVES WAY FOR PEACE AND COOPERATION:

As John F Kennedy says, 'geography has made us neighbours, history has made us friends, economics has made us partners, and necessity has made us allies, those whom God has so joined together, let no man put as under'. Therefore, resuming dialogue with Pakistan would be a good idea, as it will help in facilitating the resolution of the core issues faced by the two nations. Remember, nobody's going to benefit from an impasse.

**INAYAT KAPOOR**, class XII, Bhavan Vidyalaya, Panchkula



### SHOULD INDIA INITIATE A DIALOGUE? EXPERTS' TAKE

**■ PAK HAVE FAILED US, BUT DIALOGUE ONLY WAY OUT:** A dialogue in an amicable environment is the way forward to end any dispute, and India has always been trying with its not-so-friendly neighbour Pakistan. But, Islamabad has never been able to walk the talk, and has always disappointed New Delhi. Communication channels have closed multiple times, but then, efforts to have cordial relations cannot be stopped. So, we need to monitor and initiate a dialogue with proper terms and conditions.

**V K Sharma**, political commentator, Ahmedabad

**■ PAK SHOULD END TERRORISM TO WIN OUR TRUST:** The ball is absolutely in Pak's court. It's time Pakistan made its stand clear on terrorism, as history says, Pakistan uses terrorism as an instrument of pressure and intimidation. Of late, there have been signals to indicate that the Pakistan Army is willing to change their policy of animosity towards India. If Pakistan is ready for peace, India will be willing to walk that extra mile to work in peace and harmony with Islamabad.

**T P SREENIVASAN**, former Indian diplomat

**■ TRUST- A CONCEPT WHICH EVERY COUNTRY DEFINES FOR ITSELF:** Though we have been talking of trust with our neighbour since years, let's remember, the issue of 'trust' can never be a determinant of what we seek. Our PM trusted former US President Donald Trump, but it didn't help our cause. The same goes with Pakistan. We need to understand that foreign policy in a changing geo political scenario has little to do with trust. India should act according to its own interest.

**BK CHANDRASEKHAR**, former professor, IIM-B

## Spending more time online linked to cyberbullying in teens

If teenagers spend a lot of time on social media platforms like Instagram, Snapchat, TikTok and others, they are more likely to engage in cyberbullying, finds a new study. According to the study, higher social media addiction scores, more hours spent online, and identifying as male, significantly predicted cyberbullying perpetration in adolescents.



Cyberbullying can take on many forms, including personal attacks, harassment or discriminatory behaviour, spreading defamatory information, misrepresenting oneself online, spreading private information, social exclusion, and cyberstalking

■ According to researchers, when adolescents are online, they adapt to a different set of social norms than when they are interacting with their peers in person ■ They are often more aggressive or critical on social media because of the anonymity they have online and their ability to avoid retaliation ■ Additionally, cyberbullies may feel less-remorse or empathy when engaging in these behaviours because they can't see the direct impact of their actions ■ The study also found that adolescent males are more likely to engage in cyberbullying than females, aligning with the past studies that show that aggressive behaviours tend to be more male-driven

## Instagram launches TikTok style feature 'Remix' on Reels



In its bid to take on the Chinese short-form video app TikTok, Facebook-owned Instagram has announced a new feature called 'Remix' that will let users create, share and add their own perspective and fun on its Reels platform. Instagram users can now "remix" a reel, meaning they can upload a video next to another user, building on top of the original clip. The feature is already popular on TikTok, often for dance challenges, under the "duet" function.

### HOW IT WORKS

■ Tap the three dot menu on a reel and select Remix this Reel ■ The screen will split into the original reel and your new one, and you can now start recording your Remix ■ Your recording will be side-by-side to the original reel ■ "Once recorded, you can control the volume for the original audio, your recorded audio, and add a voiceover," Instagram said, adding that only newly-uploaded Reels will have Remix enabled

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## Russell Crowe to star in 'Thor: Love And Thunder'



Australian actor Russell Crowe has joined the cast of 'Thor: Love And Thunder', the fourth installment in the Thor franchise of films. The series stars Chris Hemsworth as Thor along with actress Natalie Portman, who plays Jane Foster. British actor Christian Bale will be playing the villain in the new film.

Crowe's role is being kept under the wraps to surprise fans with a fun cameo when the film is released, according to a report in Deadline

## NEWS IN CLUES

**David Malpass heads which famous financial organisation?**

**CLUE 1:** Headquartered in Washington DC, USA, it officially began operations in June 1946  
**CLUE 2:** The global body comprises 189 member nations  
**CLUE 3:** Since 2004, it has ranked world economies annually on the Ease of Doing Business Index

**ANSWER:** World Bank. In its latest report, the Washington-based lender scaled up its projection for India's economic growth to 10.1% for FY 2021-22, up from its earlier projection of 5.4% in January. It also forecast the economy to decline by 8.5% in FY 2020-21, higher than 8% projected by India's National Statistical Office

## BOOK

**International Booker Prize long list: Writers from 4 continents make the cut**



Chinese writer Can Xue and Kenyan author Ngugi wa Thiong'o, both long-favoured contenders for the Nobel Prize for literature, are among the nominees for the International Booker Prize for fiction. Can Xue's 'Live in the Slums' and Ngugi's 'The Perfect Nine: The Epic of Gikuyu and Mumbi' are among the 13 books on the long list for the 50,000 pound (\$ 69,000) prize.

■ The list features works from four continents, including 'The War of the Poor' by France's Eric Vuillard, 'In Memory of Memory' by Russian writer Maria Stepanova, 'The Dangers of Smoking in Bed' by Argentina's Mariana Enriquez and 'Minor Detail' by Palestinian author Adania Shibli  
■ The six finalists are set to be revealed on April 22, and the winner will be declared on June 2

The International Booker Prize is awarded every year to a book of fiction in any language that is translated into English and published in the UK or Ireland. It is run alongside the Booker Prize for English-language fiction

## IN THE RECORD BOOKS

**Marvel fan watches 'Avengers: Endgame' 191 times, sets a record**

Ramiro Alanis, a Marvel fan from Florida, has set an unusual record: he watched 'Avengers: Endgame', the final movie of the Avengers franchise not just once or twice but 191 times, setting a Guinness World record. Sharing his achievement on his Twitter handle, the 33-year-old Alanis wrote: "I'm Officially Amazing!! A @GWR Title Holder for 'The Most Cinema Productions Attended - Same Film' With 191 times seen #AvengersEndgame." The Guinness World Records also shared a blog about Alanis. A personal trainer by profession, Alanis, relates most to the character of Captain America aka Steve Rogers played by Chris Evans, said the blog.



# An updated guide to FACE MASKS

A year into the pandemic, many experts advise upgrading your mask to protect yourself against the more contagious variants of the coronavirus. Here's how to pick a good one:



## N95

This one filters out 95 per cent of 0.3-micron particles, the hardest size to trap. But many people don't wear N95s correctly, making them less effective. Avoid N95s with respirator valves, which expel your germs onto others.



## KN95

The KN95, made in China, also claims to filter 95 per cent of hard-to-trap particles. It has ear loops instead of head straps, so it may not fit as snugly. The mask supply chain is also riddled with counterfeit KN95s, which may work only about as well as a cloth mask.



## KF94

The KF94 is a top pick among health experts for its quality, high filtration rate and snug fit. It can be easier to speak while wearing a KF94. Make sure yours is made in South Korea, where quality control efforts make counterfeits less likely.



## Surgical masks

A rectangular surgical mask is made from pleated synthetic fabric that expands to fit around your face. It can trap 60-80 per cent of particles in the lab, but in the real world, gaps around the edges make surgical masks less effective. You can improve the fit by knotting the ear loops. Studies show that a two-layer cloth mask with a third layer of filter material is the best non-medical mask. But filtration rates vary depending on the fabric.

The New York Times



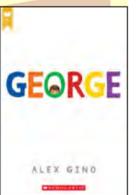
## 5 books that teens can enjoy and learn lessons from

Many stories written for children are deep and insightful and can be enjoyed by teens too. Besides, some books are so enlightening as well as fun to read and there are always some lessons to be absorbed from these beautiful stories. Even if you have read some kids' books in your early school years, you can revisit them as a teen - to relearn some things and for nostalgia value too. Here are five of those timeless books that will make for good read...

### GEORGE

by ALEX GINO

Not everyone is comfortable in the body they are born in and no book highlights that better than 'George'. The book is about a transgender girl born in the body of a boy. This meaningful book is an eye-opener for all readers, irrespective of their age.



### ALICE IN WONDERLAND

by LEWIS CARROLL

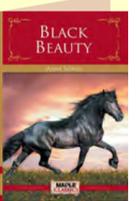
This classic children's book by Lewis Carroll is timeless. Carroll has created a unique world, which no reader had experienced before. The story is about Alice, who falls down a rabbit hole and lands in a wonderland filled with characters like Mad Hatter, Queen of Hearts, etc.



### BLACK BEAUTY

by ANNE SEWELL

This book was one of its kind at the time it was published because it was the fictional autobiography of a horse. The author brought to life various characters, both animals and humans, who are difficult to forget. The story is enjoyable for all age groups.



### MATILDA

by ROALD DAHL

Roald Dahl created magic with his book 'Matilda', where besides giving us a lovable young protagonist, he also created the larger-than-life headmistress Miss Trunchbull. Kids relish how Matilda wins over evil with her intelligence, courage and goodness. So can you.



### LITTLE WOMEN

by LOUISA MAY ALCOTT

This American classic is timeless as it has four sisters who are very different from each other, trying to understand and accept their own place in the world. The book is full of practical lessons that will help people of all age groups.



## April Arrives!

SURYAKUMARI DENNISON  
Teacher, Aavishkar Academy



CHOOSE CORRECTLY TO COMPLETE EACH OF THE FOLLOWING STATEMENTS

- April is the fourth month of the calendar called  
A. Julian B. Gregorian  
C. Roman D. Armenian
- April ends on the same day of the week as  
A. March B. June  
C. August D. December
- In ancient Rome, April was sacred to the goddess  
A. Diana B. Juno  
C. Minerva D. Venus
- Traditionally, the April gemstone is  
A. Diamond B. Emerald  
C. Ruby D. Sapphire
- An April Zodiac sign is  
A. Aries B. Capricorn  
C. Libra D. Scorpio
- New Year is not in April in  
A. Bangladesh B. China  
C. Sri Lanka D. Thailand

#### ANSWERS:

- 1) B. Gregorian 2) D. December 3) D. Venus 4) A. Diamond  
5) A. Aries 6) B. China



### QUIZ TIME (CIVICS)

**Q.1) The Preamble says the nation will assure the dignity of the individual. The Constitution achieves this by guaranteeing...**  
A. Equal fundamental rights to each citizen  
B. The right to adequate means of livelihood to each individual

C. Just and humane conditions of work to each individual  
D. Equal wages for equal work to each individual irrespective of sex  
**Q.2) The members of the Rajya Sabha are...**  
A. Directly elected by the people on the basis of universal adult franchise

B. Elected by the members of the state legislative councils and state legislative assemblies  
C. Elected by the members of the state legislative councils  
D. Elected by the members of the state legislative assemblies

**Q.3) The minimum age for voting in India is...**  
A. 15 years  
B. 25 years  
C. 21 years  
D. 18 years

#### ANSWERS

1. A) Equal fundamental rights to each citizen 2. D) Elected by the members of the state legislative assemblies  
3. D) 18 years

### KNOWLEDGE BANK (NATURE)

#### Red-crested tree rat

The red-crested tree rat or Santa Marta Toro is a species of tree rat found in the monotypic genus *Santamartamys* in the family Echimyidae. It is nocturnal and feeds on plant matter. Critically endangered, it is affected by feral cats, climate change, and the clearing of forest. Found at altitudes of 700 to 2,000 metres, the species is endemic to Colombia in an isolated area with high levels of biodiversity.



### WORD WISE

**Pulverize:** reduce to fine particles, defeat utterly, to press or crush something until it becomes powder or a soft mass, to defeat someone easily, to press or crush something until it becomes powder or a soft mass.

beating, shatter, break something easily.

**Examples:**  
■ Angela used the mixer-grinder to pulverize the fruit pieces to make an appetising smoothie.

■ The star boxer mercilessly pulverized his opponent in the ring.

**Synonyms:** crushing, smashing by

## HEALTH BYTES

# Ways to fall asleep in 10 minutes



TRY THESE SMART SLEEP TIPS TO NOD OFF QUICKER

### BLOW BUBBLES

It sounds odd but, according to scientists at Johns Hopkins University School of Medicine, the breathing process required, combined with observing the bubbles, has a calming hypnotic effect.

### TAKE A BATH

University of Texas scientists found that a warm bath can help you fall asleep quicker than normal. It's the heat being drawn from your body after you get out that helps.

### TRY TAPPING

Sit on the edge of your bed, rest your hands in your lap and spend a few minutes tapping lightly - right, left, right, left - at the speed of a ticking stopwatch. Close your eyes and start slowing the rhythm down, until you start to fall asleep. - Daily Mirror

### DON'T READ

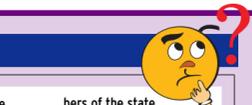
Listening to a story as opposed to the exertion of reading a book in bed better prepares the mind and body for sleep. Try a podcast that's designed to help by being deliberately boring.

### COUNT...BUT FORGET THE SHEEP

Counting sheep makes it easy for your mind to wander. Instead, try counting backward from 1,000. It doesn't matter if you get the numbers wrong or lose your place, so long as you concentrate well.

### BREATHE EASY

Try a sleep-inducing breathing exercise, such as the 4-7-8 breathing technique. Inhale through your nose for a count of seven. Exhale through your mouth for a count of eight. Repeat the cycle, completing four rounds in total.



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