



THE TIMES OF INDIA

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TODAY'S EDITION

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► Have you postponed your travel plans, courtesy the rising cases of Covid? But how about hearing about your peers' favourite travel destinations?

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STUDENT EDITION

WEDNESDAY, APRIL 7, 2021



WEB EDITION

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61 LAKH Indians

among over 53 cr users SUFFER FB DATA LEAK

In a major breach of privacy, personal details of nearly 533 million Facebook users from more than a 100 countries, including India, were allegedly leaked online and posted for free on low level hacking forums, according to multiple sources. Over 61 lakh Indian users have also been affected. In January this year, reports first sur-

The leaked data includes Facebook ID numbers, profile names, email addresses, location information, gender details, job data, and other details

posed that the phone numbers of 533 million users were currently being sold

via a bot on encrypted messaging platform Telegram, which came from a Facebook vulnerability that was patched by the social network in 2019. With the data now entering the public domain, there is a real danger that this information can be widely used by cybercriminals for email or SMS spam, robocalls, extortion attempts, threats and harassment, etc.

DO WE HAVE PROTECTION?

According to cyber experts, India does not have a robust mechanism for user data protection and penal actions, if any, in cases of data breaches. The Personal Data Protection Bill, which is said to contain provisions dealing with the same has been pending in Lok Sabha since 2019



SET UP SECURITY ANSWERS AND UPDATE YOUR PRIVACY SETTINGS. All social media platforms give you the option to limit your audience. But many people are unaware of its importance. It is necessary for every user to explore, try and overview those settings. You can also set up security questions on your accounts. Instead of setting common questions like 'What is your mother's name?' or 'From where you are?', use questions that are difficult for everyone to think about

BE CAREFUL WHAT YOU SHARE.

Avoid sharing personal information online because your information, including your email address, phone number, and social security number, is worth a lot of money to hackers and data mining companies. Take a look at your social media profiles and try to keep them barren—the people who need to know your birth date, email address and phone number, already have them



As Cambridge Analytics still haunts nearly 87 million users, including over 5 lakh users from India, the FB leak has come as the biggest-ever leak of a social media platform that has billions of users



HOW TO USE YOUR SOCIAL MEDIA ACCOUNTS SAFELY

USE A STRONG PASSWORD AND USE A PASSWORD MANAGER. Your password must include numbers, words, upper and lowercase letters, and special characters. The more strong password you use, the harder for a hacker to crack your password. Change your password at least once a month

ADD TWO-FACTOR AUTHENTICATION FOR EVERY SOCIAL ACCOUNT. It will add an extra layer of security to them. When someone logs into your account from a new location, device or browser; you will be sent a password that needs to be entered for logging into your social account



USE A VPN. If you want to keep your messages and calls secure; you can use an encryption tool, called VPN. It helps you to keep your communication encrypted

KEEP SYSTEM UP TO DATE WITH ANTIVIRUS. Never operate an internet-enabled computer without installing anti-malware and antivirus software. There are many paid and unpaid antivirus software available. To secure mobile devices, use antivirus apps to secure your online activity and important data

VERIFY FRIEND REQUESTS AND BLOCK FAKE ACCOUNTS Platforms like Facebook and Instagram are full of fake profiles. Those fake accounts can be a hacker, a suspicious organisation or even a frenemy, who wants to monitor your activities. Don't accept any friend request without verification

Mainstream cinema is not going anywhere: Abhishek Bachchan



The audience seems to prefer realistic content on OTT platforms lately, but according to actor Abhishek Bachchan, the importance that the mainstream cinema enjoys will never fade. "The kind of storytelling, songs, dance will not go. You will get a different aspect of it because of the various platforms available. You will see a variant of it but mainstream cinema is not going anywhere," he said. The actor said, there is a certain trend that thrives in the industry but it goes away in a few years. "In the '70s and the '80s, rebellious love was a big theme – non-acceptance from the girl's or boy's side. But that changed in the '90s, where, in 'Dilwale Dulhania Le Jayenge', Shah Rukh Khan said, I will not run away. I will win the family over. So, you cannot generalise. Storytelling will adapt as per the wishes of the audience," he added.

I think the audience's tastes change every seven to 10 years. That's because a new generation of cinema viewers comes in and with them they bring in their choices, likes and dislikes. You cannot compare the protagonist from 1940 to 2010. It's always changed. That's how organically cinema grows

Celeb talk

DO YOU AGREE? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

VIEWPOINT

Breaking traffic rules multiple times can now get your name public on government websites

In a bid to promote responsible driving, the state transport departments will be putting out a list of persons on their portals, who are repeat offenders for traffic violations, such as drunk driving, speeding, racing, dangerous driving, and even for not wearing helmets. According to the modified Central Motor vehicles rules, such names can be made public, if the offender doesn't go for an appeal within a month after disqualification, to hold a DL or the appellate authority dismisses his/ her appeal.

The transport departments will create a separate section in their portal named 'Revocation of Driving License under subsection (1A) of section 19 of the Act', which will be in a machine-readable electronic, printable and shareable pdf form, for access by the general public

THE NEW CHANGES

- The government has also done away with the minimum educational qualification for obtaining DL for commercial vehicles and this has been replaced with the mandatory requirement of "minimum training and language comprehension"
- The new changes in the rules will also make it convenient for people to avail transport-related services as the system will be online; starting from filling application and issuance of learner's license to submission of medical certificate and surrender and renewal of DL



Will naming and shaming the traffic offenders promote responsible driving? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

PM MODI'S 'PARIKSHA PE CHARCHA' TO BE HELD TODAY



Prime Minister Narendra Modi has announced that his annual interaction with students 'Pariksha Pe Charcha' will be held on April 7 in a new format. "A new format, several interesting questions on a wide range of subjects, and a memorable discussion with our brave #ExamWarriors, parents and teachers. Watch 'Pariksha Pe Charcha' at 7 PM on 7th April," the prime minister tweeted.

► In February, it was announced that Prime Minister Modi's annual interaction with students will be held online this year in view of the Covid-19 pandemic.

► The first edition of the prime minister's interaction programme with school and college students "Pariksha Pe Charcha 1.0" was held at the Talkatora Stadium on February 16, 2018.

Godzilla vs Kong highest-grossing foreign film in India post-pandemic



Godzilla vs Kong, which released on March 24, has become the highest-grossing foreign film post the pandemic in India, in a week. The film has collected a total of \$25.2 million in regional revenues in Southeast Asia, on its opening weekend, with \$4.9 million (₹35.97 crore) in India alone. This makes it the second-biggest film in India in a week, in the Covid era.

The film also opened on more screens nationwide (1,770) than any other film since the start of the pandemic last year, and its day one net collections were ₹ 6.4 crore.

In China, where the film opened on March 26, it did \$70.3 million business from 42,000 screens, with an 82 per cent share of the box office. In the US, 'Godzilla vs Kong' opened in cinemas and debuted on HBO Max on March 31

FEEL GOOD FACTOR

Spring clean YOUR mental health

If a year of lockdown has left you with low mood, it's time now to reboot

Follow our essential guide on how to rescue your psychological well-being so you can move on and free your mind from the worst effects of lockdown.



GET YOUR SLEEP BACK ON TRACK

Poor sleep is known to make it harder to cope with stress and worry. Yet nearly two-thirds of people have experienced a decline in their sleeping patterns since the first national lockdown was announced almost a year ago, according to research carried out at King's College London. Half those polled said their sleep was more disturbed due to

financial worries and fears about catching the virus. "Firstly, get exposure to daylight as this tells your internal body clock that you should be awake rather than dozing," says independent sleep expert Dr Neil Stanley. "And avoid sources of light before bed as darkness is the signal for sleep. "Also, go to bed when you feel sleepy, whatever time it is, and don't sleep in at the weekend as this could negatively affect your sleep during the week."

GET BACK IN TOUCH WITH NATURE

With more freedom of movement likely in the coming weeks and months, getting back in touch with nature is a great way to lift your spirits. Countless studies show that being in green spaces can improve mood. And being near water may be even more effective, according to a research. For example, people living within a mile or two of the coast are 20 per cent less likely to suffer depression or anxiety than those living 30 miles or more away.



BE KIND TO OTHERS

For many, one of the few upsides of the lockdown was the increase in community spirit - with people trying to help those less fortunate than themselves. But such altruism does much more than just benefit the worse-off, says Dr Runcie. It boosts the self-esteem of the person doing the kind act. "During the pandemic, many people learned that they get more pleasure from giving than taking, as it made them feel better about themselves," adds Runcie.



PLANT SOME SEEDS

Gardens came to people's rescue during the lockdown. And the simple act of watching new plant growth emerge can once again be a saving grace this year for many people who suffer fragile mental health, says Dr Runcie. "I encourage my patients to plan something simple that they can look forward to - even just buying some seeds to plant in the garden. Having something small to look forward to, such as new plants, is really important as it gives you a sense of completion," he adds.

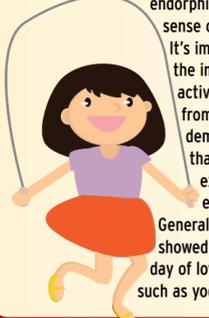
TAKE A BREAK FROM SOCIAL MEDIA

Use of social media platforms such as Instagram, Twitter and Facebook soared during lockdown. Many found it the perfect way to stay in touch with loved ones and what was happening in the world. But over-use is known to have a harmful effect on mental health. A recent study in the US found that young adults who spent five hours a day on social media were nearly three times as likely to develop depression within six months as those spending two hours a day online. Researcher Dr Cesar Escobar-Viera, assistant professor of psychiatry at the University of Pittsburgh, says: "Social media takes up a lot of time. It may displace forming more important in-person relations, achieving personal/professional goals, or having moments of reflection."



STEP UP THE EXERCISE

It's common knowledge that regular exercise is good for the mind as well as the body. It stimulates the release of natural feel good chemicals in the brain like endorphins that enhances your sense of well-being. It's impossible to overstate the importance of physical activity as people emerge from the shadows of the pandemic. And the good news is that it doesn't have to be exhausting. Research by experts at Massachusetts General Hospital in Boston, US, showed that just 35 minutes a day of low-intensity exercise, such as yoga or walking is effective.



CUT BACK ON SNACKS

More than a third of people in Britain* snacked more during the first Covid lockdown, according to the Oral Health Foundation, as cooped-up families struggled to cope with the boredom and worry of enforced seclusion. And it's not just their teeth that are at risk, according to scientists, as studies show a clear link between mental well-being and eating habits. In 2019, experts at Cardiff University found that those gorging on crisps and chocolate saw 47 per cent increase in feelings of depression, fatigue and emotional distress, while those snacking on fruits became 32 per cent less anxious.



HEALTH NEWS

Frequent eating out can cause heart disease: Study

Time to ditch the takeaways? A new study has found that frequently eating out is significantly associated with an increased risk of cardiovascular disease and cancer. The findings of the study appeared in the 'Journal of the Academy of Nutrition and Dietetics', published by Elsevier. Dining out is a popular activity worldwide, but there has been little research into its association with health outcomes. Investigators looked at the association between eating out and risk of death and concluded that eating out very frequently is significantly associated with an increased risk of all-cause death, which warrants further investigation. Although some restaurants provide high-quality foods, the dietary quality for meals away from home, especially from fast-food chains, is usually lower compared with meals cooked at home.

The Analysis

Evidence has shown that meals away from home tend to be higher in energy density, fat, and sodium, but lower in fruits, vegetables, whole grains, and protective nutrients such as dietary fibre and antioxidants. So have more home-made delicacies and reduce the number of times you eat outside.



Home remedies to protect your skin from tanning

While a good sunscreen protects your skin from the harmful UV rays of the sun, you might also want to try these easy home remedies to get rid of those unwanted tan lines and sunburn. Tanning usually happens when your body attempts to protect itself from the damaging UV rays emitted by the sun. These home remedies will save the day



APPLY CURD

When you apply curd on your skin it helps in fading away from the tan. Apply this for 15 to 20 minutes around the affected area and see the result in a few days.



USE ALOE VERA

This is known to suppress melanin, reduce pigmentation and has anti-inflammatory properties. Apply it regularly in summer to soothe your skin.



APPLY BOTTLE GOURD OR LAUKI JUICE

Bottle gourd juice can also help in getting rid of tanning. Apply the juice to the tanned or sunburnt area 3 to 4 times a day and you will see good results.



USE CABBAGE

Green veggies will come to your rescue here. Place a few cold cabbage leaves on the affected area for 15 minutes. Repeat this process twice or thrice a week for best results.

RED LENTILS PASTE
It is a great skin rejuvenator. Soak a whole tablespoon of this dal and use a mixer to make a rough paste. Mix it with equal quantities of tomato paste and aloe extract. Let the paste remain on your skin for at least 30 minutes before you wash it off. Your tanning will be significantly reduced after doing this for two weeks. TNN



QUIZ TIME (NOBEL PRIZE)

- Q.1) The first Nobel Prize was awarded in...**
A. 1876
B. 1778
C. 1923 D. 1901
- Q.2) The first woman to win a Nobel Prize was...**
A. Shirin Ebadi
B. Marie Curie
C. Mother Teresa
- Q.3) Albert Einstein won the Nobel Prize for Physics in 1921 especially for his discovery of...**
A. Quantum mechanics
B. The photoelectric effect
C. The general theory of relativity
D. The special theory of relativity

ANSWERS

- 1. D) 1901 2. B) Marie Curie 3. B) The photoelectric effect

KNOWLEDGE BANK (NATURE)

Lithop

Lithop can be described as living stones, a plant looking exactly like stones or pebbles. Its unique shape is caused by the merging of two leaves at the outer edges of the plant. The leaves of the lithop plant grow in the rainy season. This extremely strange plant species is found mainly in South Africa. The thick pebble-like leaves are the main visible parts of lithops. They can be found in various colours like white, grey, pink and purple, and can live for more than 50 years.



WORD WISE

Aficionado: A person who is very knowledgeable and enthusiastic about an activity, subject or pastime.

Synonymous words: Connoisseur, expert, authority, specialist, enthusiast, pundit, devotee, appreciator, fan, fanatic, addict.

Examples: ■ He became an aficionado of French cinema after spending three years in Paris, studying literary criticism.

■ A connoisseur of art, she liked picking up paintings whenever she visited exhibitions or art displays.