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THE TIMES OF INDIA

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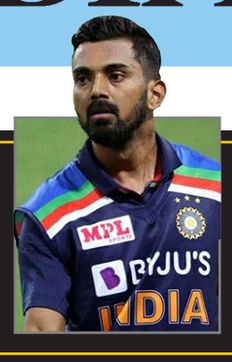
TODAY'S EDITION

➤ With pandemic cases soaring and states reintroducing strict measures, know Covid-appropriate behaviour, and join the campaign #askformask
PAGE 2

➤ Hear it out from your friends on their weekend plans?
➤ Which book/movie are you reviewing this week?
PAGE 3

➤ Do Punjab Kings have the same depth in the spin department as their pace attack?
PAGE 4



STUDENT EDITION

THURSDAY, APRIL 8, 2021

TIMES nie Newspaper in Education

WEB EDITION

CLICK HERE: PAGE 1 AND 2

NAMO MANTRA FOR #EXAMWARRIORS

"LEAVE ALL YOUR TENSIONS OUTSIDE EXAM ROOM"

Prime Minister Narendra Modi on Wednesday interacted with students, teachers and parents during 'Pariksha Pe Charcha 2021' via video conferencing, wherein he advised students not to give exams under any pressure in order to perform in a better way. Excerpts from the interaction...

On exams:

- Exams are an opportunity to test ourselves and allow us to perform better in our lives
- Cater to the difficult subjects first and attempt them with a fresh mind, and then focus on the easier topics
- Leave all your tensions outside the exam room. Keep the mind calm and fresh while entering the examination hall. Focus on the questions, while you are appearing for your exams

On concentration:

- Stop thinking that your memory is average. You learned you mother tongue naturally, because the things that become a part of you are never forgotten. You must not concentrate on mugging but internalising the things

On how to develop skills:

- Keep an eye out for the career options around you. Develop your skills according to it, and you will find your way forward

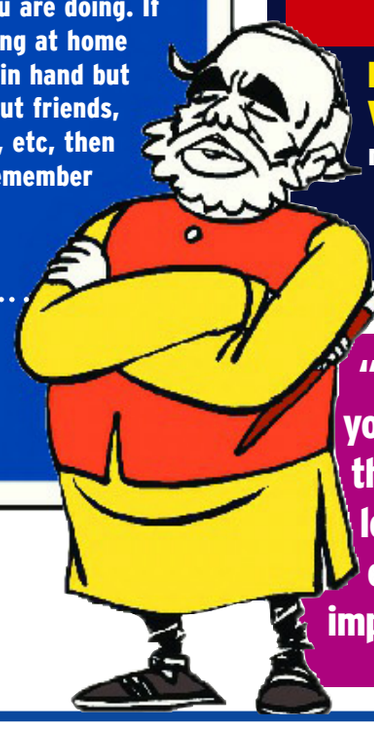
On how to stay focused:

- Involve yourself in whatever you are doing. If you are sitting at home with a book in hand but thinking about friends, school, food, etc, then you won't remember anything

On how to chase your dream:

- Think what is that one dream that you want to realise, and once you have realised that special dream, work towards it and you will start seeing your goal clearly

PARIKSHA PE CHARCHA

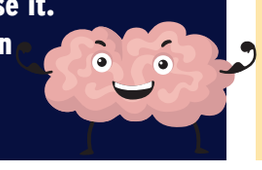


> "Use your free time in a productive way. You can help your family members and can spend time in recreational activities that provide happiness like learning new skills, dancing, sports, singing, etc."
>
> **Narendra Modi, on learning new skills during free time**

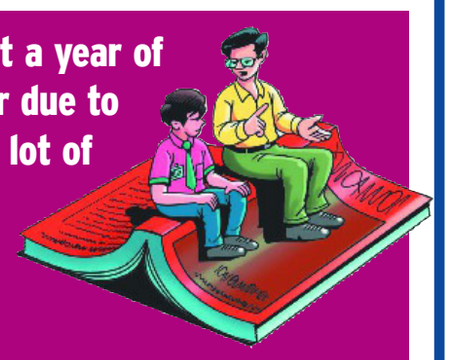
MODI'S FORMULA TO SHARPEN STUDENTS' MEMORY

INVOLVE, INTERNALISE, ASSOCIATE, VISUALISE: If we visualise things in our mind, it gets easy to memorise it.

Memory by association ,with concept works well in early years



"While we can say that you have lost a year of your lives due to #Covid19, remember due to the pandemic, you have also learnt a lot of lessons– the true value of many essential things such as the importance of joint family, etc"



FOR PARENTS

1 Don't preach, lead by example. Instead of preaching values and discipline, it is important for parents and teachers to lead by example

2 Train your kids in the right manner. Inspiring documentaries, movies or books can be utilised to train the young mind. The right environment motivates the child to do more

3 Connect with our traditional values to inspire children. When you connect with our Puranas, our forefathers with values, children will also be inspired. It will become easier to practise these values in daily conduct

4 Don't instill fear in the minds of children. These negative motivations are not effective in the longer run, once the fear of something is over, the motivation to do something also ends

5 Talk about the speciality of the traditional food. Every family member should know how we prepare food, ingredients and the time taken. Nowadays, there is so much information about food. We can prepare a game. The family doctor should discuss what to eat, hereditary disorders in the family, etc. Also discuss with teachers how through an interesting way they can tell the students the benefits of lunch box

Previously-unknown ancient crater lake discovered on Mars

Researchers have discovered a previously-unknown type of ancient crater lake on Mars that could reveal clues about the planet's early climate. The crater's floor has unmistakable geologic evidence of ancient stream beds and ponds, yet there's no evidence of inlet channels, where water could have entered the crater from outside, as also groundwater activity, where it could have bubbled up from below.

- According to scientists, the system was likely fed by runoff from a long-lost Martian glacier
- Water flowed into the crater atop the glacier, which meant it did not leave behind a valley as it would have, had it flowed directly on the ground. The water eventually emptied into the low-lying crater floor, where it left its geological mark on the bare Martian soil
- What's less clear, however, is whether Mars had an Earth-like climate, with continually flowing water for millennia, or whether it was mostly cold and icy, with fleeting periods of warmth and melting

Devdutt Pattanaik's new book to give a peek into iconic stories in Abrahamic religions

BOOK

Best-selling author Devdutt Pattanaik's next book will give the readers a peek into the fascinating mythology of angels, demons, prophets and kings in the Abrahamic religions — Judaism, Christianity and Islam, Penguin Random House India has announced. The book, titled 'Eden: An Indian Retelling of Jewish, Christian and Islamic lore', will hit the stands in September. It will be published under Penguin's 'Viking' imprint, they said.

- Chronicling the Abrahamic myths that emerged in the Middle East over 3,000 years ago and formed the foundation of some of the world's major religions, the noted mythologist, who has also authored 'Olympus - An Indian Retelling of Greek Mythology', in his book also explains how this "myth of loss and rescue" played a key role in shaping the secular western ideologies, such as capitalism, communism, socialism, and scientism that dominate the world today.
- Besides, stories from the Mesopotamian, Egyptian, Greek, Ugarit and Zoroastrian mythologies that shaped the monotheistic worldview, the book also includes stories from the Indo-Christian and Indo-Islamic folklore that inspired people in South Asia

FACTOID

$75K

Price of Cristiano Ronaldo's castaway armband that was sold recently at a charity auction in Serbia to help fund a life-saving surgery for a six-month-old baby. It may be noted that the footballer had thrown this armband angrily during a World Cup qualifier against Serbia. Ronaldo stormed off the pitch seconds before the final whistle in Serbia's 2-2 home draw with Portugal, and threw the armband away when he was denied a clear stoppage-time winner

The increased use of online gaming has brought with it a slew of challenges and risks that include exposure of children to inappropriate content, cyberbullying, sexual exploitation, addiction, gambling and toxic peers, warned a new report...

Cybercriminals using ONLINE GAMING TO TARGET KIDS

The global gaming industry is expected to grow in the next few years, and the risks associated with it, such as cybercrimes and cyberbullying, must be acknowledged by parents, gamers and the government, said the report by CyberPeace Foundation, a think tank, and grassroot NGO of cyber security and policy experts

THE GREY ZONE

- Online gaming also exposes children to sexual predators, and serves as a "gateway drugs" into online pornography, said the report titled, 'Online Gaming- Issues, Challenges And Recommendations For End Users, Parents and Government Regulations'
- Children are also vulnerable to cyberbullying that triggers severe problems like depression and suicidal tendencies
- This danger is compounded by the fact that strangers may find the location of the children in real life and put them in danger or share their personal information with their peers

DID YOU KNOW?

The gaming industry suffered 12 billion cyberattacks between November 2017 and March 2019, according to the Akamai Technologies report

- Besides, most games require players to be seated in one place for extended periods of time. Apart from causing mental strain, this habit increases the risk of deep vein thrombosis, cancer, heart disease, liver disease, carpal tunnel syndrome, and other significant problems
- Continuous exposure to the blue rays from a monitor or a smartphone can also increase the risk of damage to the eyes and hamper their sleep schedules, warned the report

"Life is short, but there is always time enough for courtesy."
RALPH WALDO EMERSON, POET

MASK INDIA
THURSDAY, APRIL 8, 2021

BE A SMART SAMARITAN, FOLLOW 15-POINT GUIDELINE ON COVID-APT BEHAVIOUR

Brush Up Your Covid Manners

The ministry of health and family welfare has issued 15 preventive behavioural practices critical to fight the infectious Covid-19. The ministry states it is only possible if

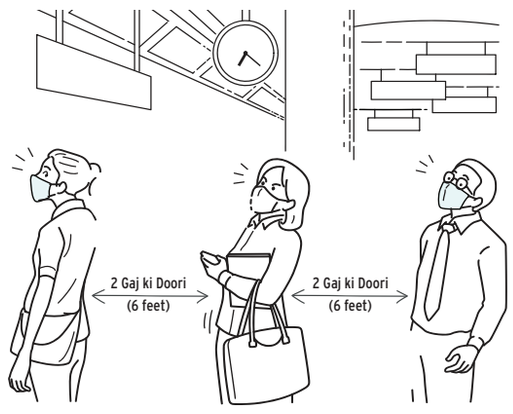
EVERYONE KNOWS THEIR GOAL, EVERYONE KNOWS THEIR ROLE

1 Greet without physical contact

Avoiding physical contact is responsible behaviour as it prevents the spread of COVID-19 disease and other viruses too.

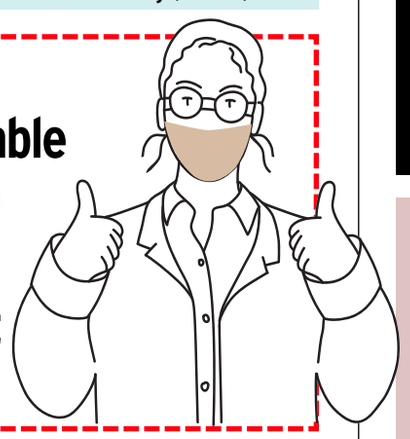
Be responsible! Promote greeting without any form of physical contact

2 Maintain physical distance



Follow social distancing norms in all public places. Keep minimum distance of 2 Gaj (6 feet)

3 Wear reusable hand-made face-cover or mask, at all times



4 Avoid touching your eyes, nose or mouth

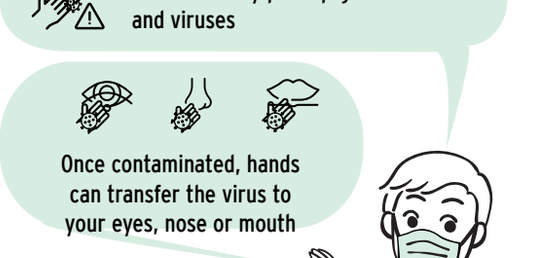
Hands touch many surfaces and can easily pick up germs and viruses

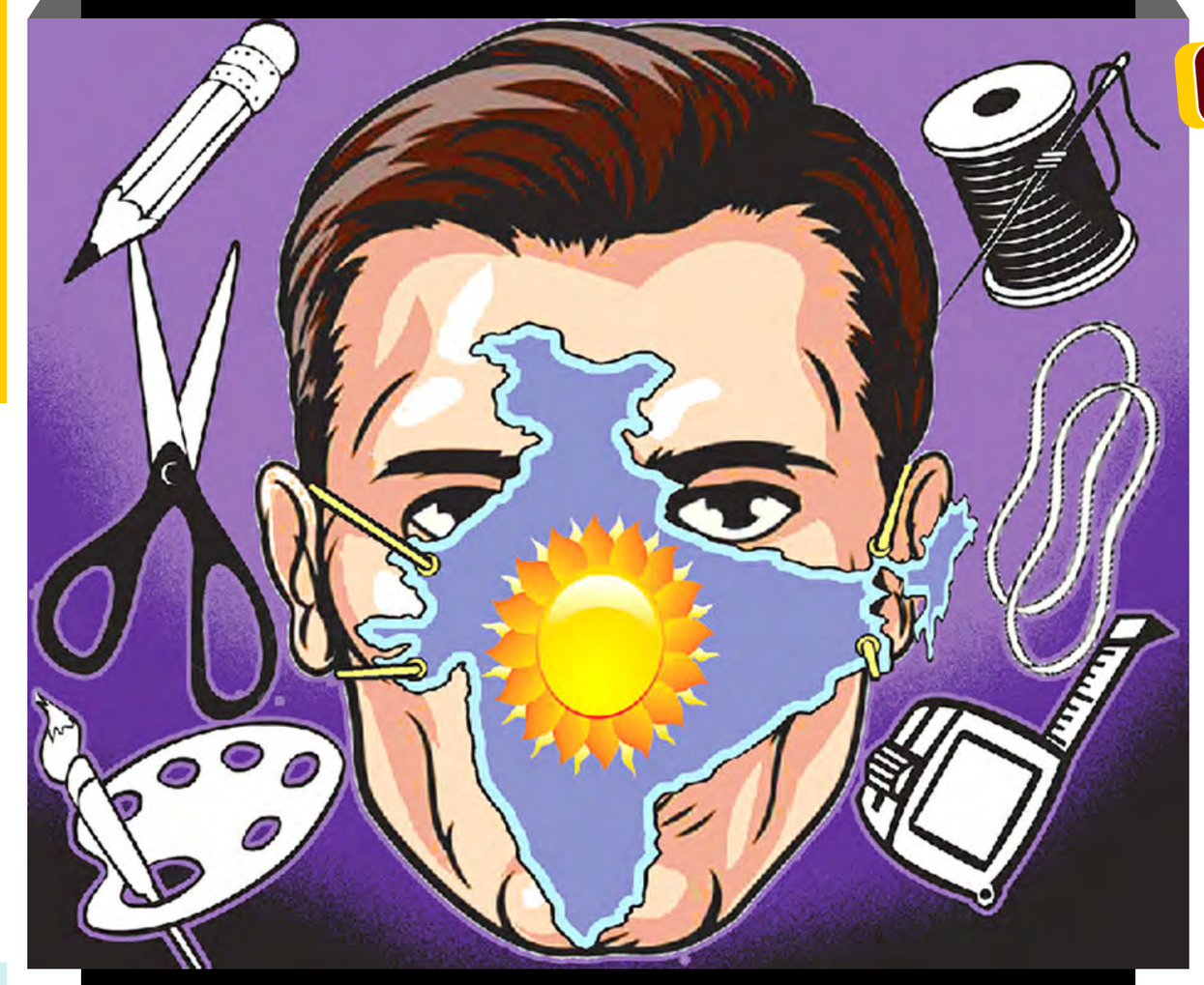
Once contaminated, hands can transfer the virus to your eyes, nose or mouth

From there, the virus can enter your body and can make you sick

Your safety is in your own hands – quite literally!

5 Maintain respiratory hygiene





1,03,558: Daily number of Covid-19 new infection cases in country

Up to April 5, 2021

6 Wash hands regularly and thoroughly!

7 Regularly clean and disinfect frequently touched surfaces

Source of text & illustration: Ministry Of Health

8 Do not spit in the open

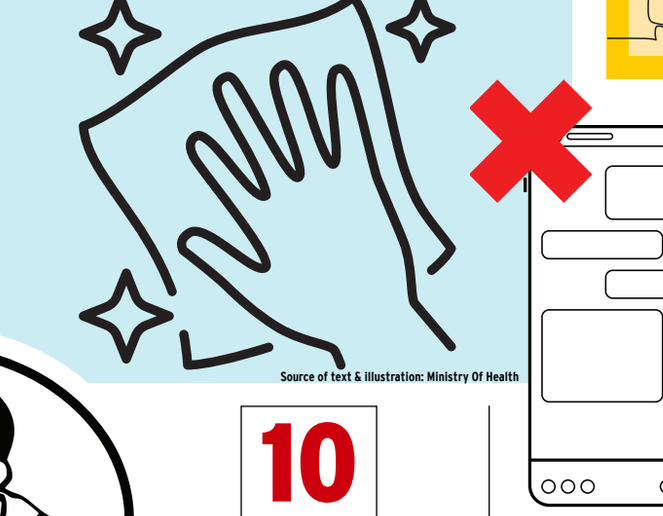
9 Avoid unnecessary travel

Travel only when it's absolutely essential

2 Gaj ki Doori (6 feet)

And if you do step out of your house... Wear your face-cover and follow distancing norms

10 Do not discriminate against anyone!



If you spot anyone not wearing a mask appropriately or ignoring the Covid protocol, make sure you

#AskForMask

Write to toinie175@gmail.com on how you are ensuring that people around you are not COVID spreaders

People have to ensure there is no Covid-19 3rd wave: CSIR DG

Director General of the Council Of Scientific and Industrial Research (CSIR) Dr Shekhar Mande said a "third wave" of COVID-19 infections cannot be ruled out and it was for people to ensure it does not happen.

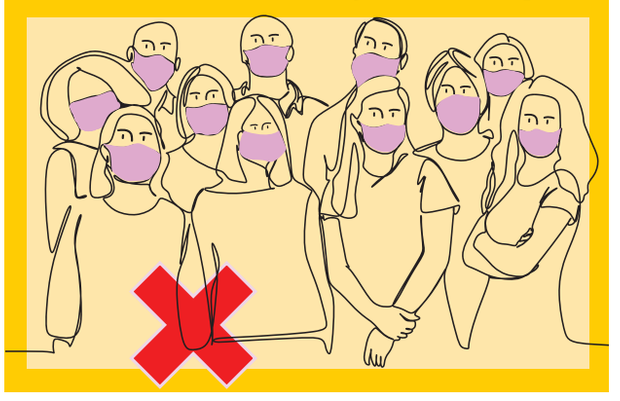
Speaking to reporters, the head of the premier institution under the Union Ministry of Science and Technology, said people have to maintain self-discipline and self-regulation, and show the way to beat the disease.

"All the pandemics in the world have come in the form of waves. We are currently seeing a strong third wave in some European countries, so a third wave cannot be ruled out (in India)," said Mande.

Mande said people would have to be alert even if the number of cases start declining, adding that "it was up to us to ensure the third wave does not come".

"As a society, we should resolve that we will be disciplined and regulated," he said. Agencies

11 Discourage crowd – Encourage safety



12 Do not circulate social media posts that carry unverified or negative information

13 Seek information on Covid-19 from credible sources

14 Call national toll free helpline numbers 1075 or State helpline numbers for any COVID-19 related queries

15 Seek psychosocial support in case of any distress or anxiety

Call on national psychosocial toll-free helpline number 08046110007

Psychosocial support services are available at all times for you, to address any stress or distress related queries and concerns