



# THE TIMES OF INDIA

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**TODAY'S EDITION**

➤ Want to lead a happy and healthy life? Our experts share tips on how to take care of your mind, body and soul  
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➤ Educators and students share their views on various issues engulfing the country and the world  
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**STUDENT EDITION**

MONDAY, APRIL 12, 2021



**WEB EDITION**

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## INDIA BATTLES A SECOND WAVE OF COVID-19

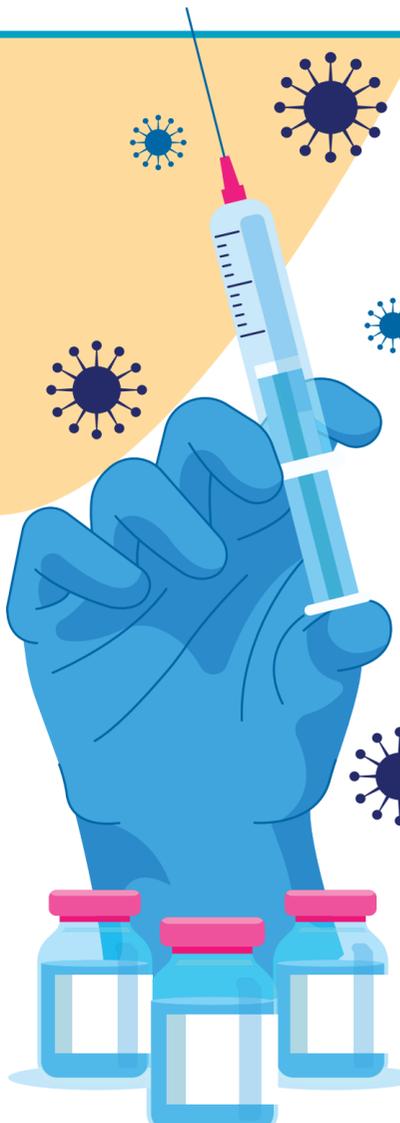
# Modi's prescription: A 'WAR', A 'FESTIVAL' AND A 'CURFEW'

In an interaction with the chief ministers recently, Prime Minister Narendra Modi called for a "vaccination festival" from April 11-14 to step up the vaccination drive for the 45 years and above age group. Calling for fighting the rising surge of cases on a "war footing", Modi has also suggested renaming the 'night curfew' as "corona curfew"...

### LET'S MAKE INDIA CORONA-FREE!

Join PM's Tika utsav campaign in creating awareness among your elders on the need to get vaccinated. Wear mask, maintain social distancing, adhere to Covid-appropriate behaviour. Share your ideas at

**TOINIE175@GMAIL.COM**



### PREVENTION

**1** To control the outbreak, higher testing and tracing is required. The cases have been rising at a fast pace; the high positivity rate suggests a high infection rate

### TREATMENT

**2** While the protocol is well-established, there is a need to ensure that it is readily-available. Adequate supply of key medicines such as remdesivir needs to be ensured. Availability of oxygen and hospital beds is paramount

### VACCINATION

**3** While India's daily vaccination numbers are among the highest in the world, in the context of the country's population, even faster roll-out is needed. Vaccine makers need to be provided with enough funds to ramp up the capacity. More vaccines need to be approved, such as Sputnik, the supply of which can come quickly

### WHAT SHOULD BE INDIA'S APPROACH TO CONTAIN THE PANDEMIC

India is battling a resurgent Covid-19 pandemic and it seems, it is some time before this second wave peaks. According to experts, the country needs a three-pronged approach – prevention, treatment and vaccination – to quickly contain the pandemic, before it derails the economy. A look at what is needed...

### Meanwhile, vaccine shortage looms large: India has vaccine stocks for 5.5 days, 1 more week's in pipeline

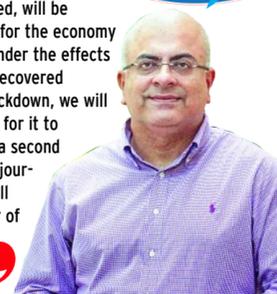
Data collated from the Union health ministry shows that states have on average just over five days of vaccine stocks remaining at their current levels of vaccination, and an additional week's supply is in the pipeline. Nationally, at April's rate of vaccination of almost 3.6 million doses a day, the total stock of about 19.6 million will last five and a half days. There's an additional 24.5 million in the pipeline – enough for another week. But a step-up in the pace of vaccination would deplete both existing stocks, and what's coming much faster(ET)

### NO LOCKDOWN, PLEASE

“With India in the middle of a second wave of coronavirus, a second lockdown, if imposed, will be detrimental not only for the industry but for the economy as well. The manufacturing sector is still reeling under the effects of the last lockdown. The supply chain is still not recovered completely, and with the possibility of a second lockdown, we will have to wait for another 6-9 months, if not a year, for it to recover. Labourers are sceptical, and anticipating a second lockdown, they have started planning their return journeys, as the memories of the last lockdown are still fresh in their minds. The sales for the first quarter of the year are not looking good already due to these factors

Sharad Malhotra, president, Nippon Paint, India

Quote unquote



### NASA TO LAND FIRST PERSON OF COLOUR ON MOON



The National Aeronautics and Space Administration (NASA) will land the first person of colour on the Moon as part of an international spaceflight programme called Artemis, according to the US space agency. Taking a giant step for diversity, the Biden-Harris Administration seeks to land the first woman and the next man on the lunar South Pole by 2024.

While the first cadre of astronauts for the Artemis programme was announced in December, the first two crew members for Artemis III in 2024 are yet to be announced. The initial group of 18 represents a diverse team of astronauts, including those new to NASA and veterans of spaceflight. The Artemis astronauts also include Indian-American Raja Chari

### IPL QUIZ

Who is the highest run-scorer of all time in the IPL?

### VIRAT KOHLI

Team India and RCB captain Virat Kohli is the highest run-getter in the IPL, with 5,878 runs in 184 innings. Kohli also holds the record for scoring most runs in a single IPL season, aggregating 973 runs in 16 innings in 2016. The 32-year-old has also scored the most-centuries by an Indian(5) in the IPL history

### FACTOID

**\$3.25MILLION**

Price of the comic book that introduced Superman to the world, which was sold at an auction recently. The issue of Action Comics (hash)1, published in 1938, told the readers about the origins of Superman, how he came to the Earth from another planet and went by Clark Kent

### WEB SERIES ON LEONARDO DA VINCI IN INDIA

Aidan Turner, best-known in India as Kili in 'The Hobbit' film series, will play Leonardo Da Vinci in the web series 'Leonardo'. The show is all set to premiere in India on April 9, ahead of its release in the UK and the US.



The eight-part series will focus on the life of Leonardo Da Vinci, one of the most-fascinating figures in history. Da Vinci, primarily known as an artist and painter, was also a distinguished inventor and authority in subjects, such as anatomy, astronomy, botany, cartography, and paleontology

Entertainment

# 125 years of modern Olympics

This month is the 125th anniversary of the first modern Olympics, held in Athens, Greece. The 1896 Games were different from the worldwide sports spectacle of today. A look at some interesting facts...

#### GAMES CALL FOR UNITY

**1** The Olympic rings express the activity of the Olympic movement and represent the union of the five continents. The six colours, blue, yellow, black, green, red, and the white background, were chosen because every nation's flag contains at least one of these colours

#### THE TORCH

**2** The Olympic torch is lit the old-fashioned way in a ceremony at the temple of Hera, in Greece. Actresses, wearing costumes of Greek priestesses, use a parabolic mirror and sun rays to kindle the torch

#### STORY OF PARTICIPATION

**3** From 1912-1948, artists participated in the Olympics: Painters, sculptors, architects, writers, and musicians competed for medals in their respective fields

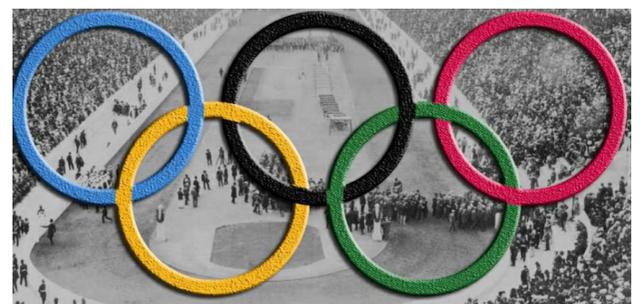
**Did you know?** Johnny Weissmuller, an athlete-turned-actor, who played Tarzan in 12 movies, won five gold medals in swimming in the 1920s.

#### FRIENDSHIP MEDALS

**4** In the 1936 Berlin Olympics, Japanese pole vaulters Suhel Nisida and Sueo Oe tied for the second place but refused to compete against each other. The duo decided to cut the two medals in half and fuse bronze with silver. The result: Medals of Friendship

#### WOMEN IN OLYMPICS

**5** The London Olympics of 2012 was the first, wherein women competed in all the sports, including boxing



■ The first official Olympic mascot was Waldi, the dachshund at the 1972 Games in Munich  
■ Only about 250 athletes from 14 countries participated in the first Games, and most were from Greece  
■ At the most recent 2016 Summer Olympics in Brazil, more than 11,000 athletes from 207 countries participated



FEEL GOOD FACTOR

# 6 ways to instil self-care in YOUNG CHILDREN

Taking out time to care for our mind and body is the essential component of a happy and healthy life. And it's important that we teach the same to kids too

For the same, it's crucial to instil self-care habits in children at a young age to help them cope better with the future and achieve their best while lowering their risk of developing mental health issues like depression and anxiety. Simple self-care habits can be started at any age. Here are easy ways to include them in kids' lives.



### Start with the fundamentals

Do you assist your kid in brushing his/her teeth and bathing? Do you tell her to eat healthy foods? If yes, you have begun laying the groundwork for good self-care.



### Downtime should be a priority

A routine that has quiet and alone time is important and beneficial for everyone. Spending a few minutes on a rocking chair while reading, singing can provide an opportunity for centring and connection.



### Stick to a normal bedtime routine

A regular bedtime routine tells your child's body and mind that it's time to wind down and prepare for sleep. The bedtime routine should include three-four calming activities like getting into PJs, brushing teeth, taking a warm bath and reading.

### Develop their mind

Explain to your kid why taking a break from the screen or toys is important. Let them be for some time where they do nothing. Mindfulness promoting activities like yoga and meditation work greatly in increasing insight, awareness and tolerance levels.

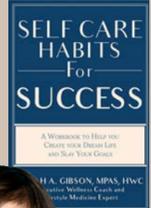
### Push the body

Being physically active is part of a self-care routine. Explain to your kids how taking care of their mind and body should always be their first priority. You can make them join a team sport or simply take them for a walk in the neighbourhood to keep them physically active.



### Read books on healthy self-care habits

Children love being read to and they often love being read the same book again and again if they like it. Get them self-care books on subjects like brushing teeth, eating healthy and getting dressed. When you read to your child, ask him questions and respond to their curious queries.



## Books no foodie should miss to read

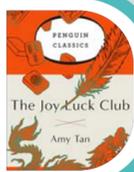
Some people have a love for food that's hard to compare. Be it appreciation of it in generous quantities or the alchemical science of cooking, their passion for it is unparalleled. For those epicures, these fiction books would be a delight to read



### 'LIKE WATER FOR CHOCOLATE'

by Laura Esquivel

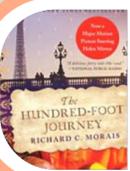
Written in Spanish, the English translation is by Carol and Thomas Christensen. The book is about a young girl Tita, who is not allowed to marry her love Pedro as her mother believes the youngest born must take care of her until she dies. Read to know what transpires later.



### 'THE JOY LUCK CLUB'

by Amy Tan

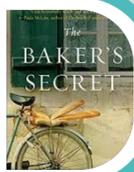
For lovers of Chinese food, this book is a must read. Four Chinese American women meet at a church and decide to start a mahjong club. There they play while feasting. Food is used beautifully to show their immigrant experience in the story and also as a way to show love.



### 'THE HUNDRED-FOOT JOURNEY'

Richard C Morais

This book follows an Indian family as they move abroad and discover that their son has a talent for cooking. They start a restaurant, much to the annoyance of a French restaurant owner 100 feet away, and the rivalry grows into something else when she samples his food.



### 'THE BAKER'S SECRET'

by Stephen Kiernan

Set in Normandy during World War II, we follow Emma who witnesses her village being taken over by the Germans. She was apprenticed to a master baker but had to see him being dragged away at gun point. Eventually, the story is about how food and lack of it can affect people.



### 'CHOCOLAT'

by Joanne Harris

The name says it all. This book follows a woman Vianne Rocher and her young daughter Anouk who come to a French village called Lansquenetsous-Tannes to open a chocolaterie. However it's the time of lent - a time of fasting and her new shop is frowned upon by the church.

## Grooming gyan

# Haldi lip scrub heals CHAPPED Lips



Our grandmothers regularly used haldi or turmeric in their skincare recipes. This Indian spice can be used on your face, body and even lips, thanks to its antioxidant curcumin, which is anti-inflammatory and so helps in healing dry skin.

### Haldi for lips...

Haldi can even out pigmented lips and remove the dead skin. All you have to do is make a lip scrub using one teaspoon haldi and petroleum jelly. Just exfoliate your lips with this smooth paste for a minute and wash with lukewarm water. Pat dry the lips and moisturise with coconut oil. Repeat this process for a week and you will be surprised to see your lips turn softer than ever before.



## QUIZ TIME (BIODIVERSITY)

Q.1) When is the International Day for Biodiversity observed?  
A. May 15 B. May 20  
C. May 22 D. June 5

D. Koala  
C. Monkey  
D. Greater Glider

known for making the loudest sound?

A. Gibbon  
B. Donkey  
C. Howler monkey  
D. Humpback Whales

Q.2) Which of the following animals eats only eucalyptus leaves and nothing else?  
A. Kangaroo

Q.3) Which of the following living creatures is

ANSWERS

1. C) May 22 2. B) Koala 3. D) Humpback Whales

## KNOWLEDGE BANK (TECHNOLOGY)

### IoT

Internet of Things (IoT) is a computing concept of connecting everyday physical objects to the internet. While the first version of the internet was about data created by people, the next version is about data created by things. A large portion of IoT devices are created for daily use including home automation and wearable technology and the physical world is becoming one big information system.



## WORD WISE

**Convalescence:** Recover one's health and strength over a period of time after an illness or medical treatment.

**Synonymous words:** Recuperate, get better, get well, recover, get back on feet and

get back to normal.

**Examples:** ■ The pop star received thousands of letters during his convalescence in the hospital.

■ She needed to recuperate for nine months before getting back into competition.

## GRAMMATICAL MISTAKES

### DISCREET/DISCRETE

#### THE RULES:

■ 'Discreet' (adj) means careful and prudent in one's speech or actions ■ 'Discrete' means individually separate and distinct.

#### HOW NOT TO DO IT:

■ Teachers made **discrete** enquiries on syllabus change. ❌  
■ The frame has **discreet** colour spots. ❌

#### HOW TO DO IT PROPERLY:

■ The children made **discreet** enquiries about their new teacher. ✓  
■ The painting comprises **discrete** patches of colour. ✓



## DID YOU KNOW?

### The link between your pyjamas and your work

Working in pyjamas does not hurt productivity, says a new study published in the 'Medical Journal of Australia'

41 per cent of respondents in the study from Woolcock Institute of Medical Research, together with the University of technology Sydney and the University of Sydney, said they experienced increased productivity while working from home during the pandemic.



Researchers also found while working from home in pyjamas did not lower productivity, it was linked to poorer mental health. 59 per cent of the participants who wore pyjamas during the day at least one day a week admitted their mental health declined while working from home versus 26 per cent who did not wear pyjamas while studying from home.

The study authors said: "While we cannot determine whether wearing pyjamas was the cause or consequence of mental health deterioration, appreciation of the effect of clothing on cognition and mental health is growing." IANS