



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION

WEDNESDAY, APRIL 14, 2021



WEB EDITION

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OUR SPUTNIK MOMENT

India to get a third vaccine, amid a worrying second wave

Sputnik V, the vaccine developed by Russia's Gamaleya Institute, was on Monday recommended for the Covid-19 inoculation drive by India's expert panel. The final approval by the Drug Controller General of India is expected soon, which would give the country a third jab, amid worries of depleting supplies of Covishield and Covaxin. Hyderabad-based Dr Reddy's, which has an agreement with the Russian sovereign fund, RDIF, will be distributing the vaccine in the country.

IN THE PIPELINE: Hetero Biopharma, Gland Pharma, Virchow Biotech, and Stelis Biopharma have struck agreements with the RDIF to manufacture around 750 million doses of Sputnik V for domestic consumption

As many as 361 incidents of forest fires were recorded in Uttarakhand in the first two weeks of April. The fires damaged 567 hectares, including 380 hectares of reserve forest areas

From Nagaland and Odisha, to Himachal and Gujarat— the only home of the Asiatic lion— saw forest fires as well, without any casualties

Nepal is also experiencing its worst fire season in almost a decade, as huge blazes rage across the country's forests, engulfing the Himalayan nation in a shroud of brownish haze. More than 2,700 wildfires have been reported in Nepal since November, 14 times higher than in the same period last year, the Nepal government said

BURNING REALITY: Forest fires on the rise!

Scientists say the forest fires in some parts of northern India and neighbouring Nepal have been the strongest in the past 15 years. Since 2010, 14 human lives were lost to forest fires in Uttarakhand. This year, four persons, including two forest officials died in the fires. Seven districts— Pauri Garhwal, Tehri Garhwal, Dehradun, Chamoli, Rudrapur, Nainital and Almora — were the most-affected by the fires. Uttarakhand had witnessed its worst wildfire in 2016, when over 4,433 hectares was gutted in 2,074 incidents of forest fires.



THE IMPACT
High black carbon and ozone in the air are health hazards. It can cause complications— from chest pain to coughing, irritation and, on prolonged exposure, damage the heart and lungs

DID YOU KNOW? According to the European Union's Copernicus Atmospheric Monitoring Service (CAMS), Uttarakhand's forest fires emitted nearly 0.2 mega tons of carbon in the past one month, a record since 2003. The concentration of ozone, which used to be around 40-45 parts per billion then, has risen to 110-115 parts per billion now. The safe threshold for black carbon in the air is 3,000-4,000 microgram per cubic metre, while that of ozone is 40-50 parts per billion, with an hourly range of 80 and an eight-hour average range of 60 parts per billion

NEED OF THE HOUR

MORE POWER TO VAN PANCHAYATS

Environmentalists are of the view that van panchayats should be given rights and incentives for protecting the forests. Van panchayat refers to a locally-elected institution that plans and organises activities to manage community forests in a sustainable manner. Each van panchayat makes its own rules to use, manage and protect the local forest

AWARENESS

Creating awareness is the key, they say, adding that there should be programmes to motivate the local people to protect forests from fire, as they act as the first responder, as the forest department has limited staff



THE CAUSES

- According to forest officials, apart from natural reasons, deliberate fires by the locals, carelessness, and farming-related activities are responsible for wildfires
- According to a government report, locals set forests on fire for various reasons, including for the growth of good quality grass, to cover up illegal cutting of trees, for

poaching, and sometimes to even take revenge from their fellow villagers

- Friction of electricity cables with dry leaves and woods, and lightning too trigger wildfires, according to the report.

Setting forest on fire is a punishable offence under the Indian Penal Code

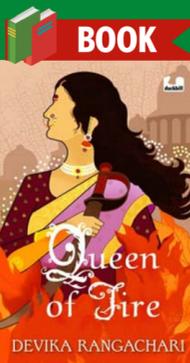


WHY THE SUDDEN RISE?

- According to experts, three factors caused the spread of forest fire: the fuel load, oxygen and temperature. Dry leaves are fuel for forest fires, and its quantity this time is more than the past years
- Lack of normal rainfall in the monsoon season, coupled with almost no rain in the winters dried the soil, which in turn led to the drying up of the earth's surface, resulting in the loss of moisture from the surface
- The rise in atmospheric temperature in March and April compared to previous year has also triggered the fires. Strong wind velocity is spreading the fire very fast in the jungles

'QUEEN OF FIRE', A BOOK ON RANI Lakshmibai launched

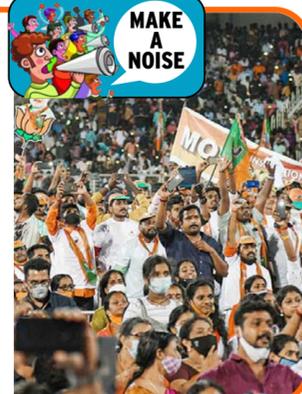
Award-winning historical novelist Devika Rangachari's book on legendary warrior queen, Rani Lakshmibai was launched recently. Titled, 'Queen of Fire', the book gives intricate details of the 19th-century queen, thrust into a position she does not desire but must assume, and of her son, who is cowed by the challenges he has to face, but determined to live up to his mother's boldness and courage. The book's synopsis says: "Lakshmibai, the widowed-queen of Jhansi, is determined to protect her son's right to his father's throne, and the welfare of the kingdom, she is ruling..."



COVID NORMS GONE FOR A TOSS!

At a time, when the country is reeling under a deadly spread of Covid cases, glaring violation of Covid norms are being witnessed in several parts of the country. Experts have warned that huge, mostly-maskless and tightly-packed crowd at the political rallies, mass religious festivals, and other public places have fuelled the new wave of cases.

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5-year-old Indian-American girl bags world record for reading 36 books in under two hours

Five-year-old girl named KIARA KAUR has set a unique record: She has entered the London's World Book of Record and Asia Book of Record for reading 36 books non-stop for 105 minutes. This means that she read continuously for a little under two hours! The World Book of Records called her a 'child prodigy.'

- At a very young age, Kiara became an avid bibliophile. The Indian-American girl living in Abu Dhabi, used to read just about anywhere, be it in her car or in the restroom. One day, her nursery teacher spotted her reading diligently in the library, and recognised her passion
- Kiara dreams of becoming a doctor, when she grows up



WORLD TRADE TO GROW BY 8% IN 2021: WTO

The World Trade Organisation (WTO) has said that the global trade is primed for a strong but uneven recovery after the Covid-19 pandemic shock, forecasting an increase in the volume of world merchandise trade of 8 per cent this year. The global trade body said, the prospects for a quick recovery in the world trade have improved, as merchandise trade expanded more rapidly than expected in the second half of last year.



The WTO figures showed that China was the world's top exporter last year, accounting for 14.7 per cent of the world merchandise trade, and the second-largest importer behind the US, with a share of 11.5 per cent

PANDEMIC Lifestyle

How to stay comfortable in masks during summer



Wearing a face mask is the norm now and we all need to adhere to it. However, with the summer starting to set in, you may experience heat, sweat and discomfort while

wearing a mask, especially when you need to step out and keep the mask on for a longer time. Here's a lowdown on summer-friendly tips to tone down the discomfort while adhering to Covid-19 safety norms.

CHOOSING THE RIGHT FABRIC

Selecting the right fabric can make a huge difference. "Polyester masks trap heat, which can be stifling in hot weather. Whereas, cotton is highly durable and known for breathability, helping you stay cool in a mask. Cotton is also softer, lowering the likelihood of chafing, skin inflammation or maskne that some sensitive-skinned people may experience," says Dr Joyeeta Biswas, a Mumbai-based consultant physician.



GET THE RIGHT COLOUR

A simple measure, such as choosing the right colour for face masks in summer, can make a huge difference. "It's the same reason why most people wouldn't want to wear a black or navy-blue T-shirt during summer - it's going to get hotter and retain the heat. The warm air will naturally get trapped from inside as you exhale into the mask, adding to the heat, and, at times, affecting one's ability to thermoregulate. So, I think lighter colours like white, off white, cream, sky blue, etc. should be preferred while choosing a face mask in summer," advises fashion expert Geeta Gangwani.

- Delhi Times



HEALTH BITES

The super-heroic qualities of CITRUS FRUITS

Oranges, limes and grapefruit are brilliant health boosters

Boosts your brain health

Snacking on citrus fruits and drinking their juices can give your brain a boost, researchers at the University of East Anglia, UK, have found. Citrus nutrients not only improve the delivery of nutrients and oxygen to blood cells, but also help to lower inflammation and neutralise cell damage.

Iron awe

The high levels of vitamin C in citrus fruits help your body absorb plant-based iron more easily. This is particularly important if you are a vegetarian or vegan.

Stone cold

Citrus fruits can raise the levels of citrate in the



urine and might lower the risk of kidney stones being more common in people eating less citrus.

Heart happy

Many compounds in citrus fruits - including flavonoids and soluble fibre - can benefit heart health by improving cholesterol

levels, lowering blood pressure, acting as antioxidants and reducing inflammation. Some studies have shown people who eat citrus fruits have higher "good" HDL cholesterol.

Curb cataracts

One study found participants who had a higher intake of citrus fruits had lower risk of cataracts.

3 Steps to make the most of your daily walk

Even if it's only once a day, a walk is the perfect way to get some fresh air, have a change of scenery and clock up some miles. Here are some tips on how to make the most of it



1. PICK A SCENIC ROUTE

Walking through a park or forest will make walking much more enjoyable. Alternatively, you could ask a friend to join you.

2. START SLOWLY

Walk slowly for 5-10 minutes to warm up your muscles, then pick up speed.

3. SET YOUR COURSE

Set a time or distance, say half an hour or two miles (3.22kms), as opposed to just walking. That way you will feel a sense of accomplishment when you are done.

- DAILY MIRROR

MIND TEASERS (MATH QUIZ)

Q.1) The square root of 0.0081 is

- A. 0.09 B. 0.9, C. 0.91 D. 0.009

Q.2) 142 X 16 =

- A. 7222 B. 2227 C. 2722 D. 2272

Q.3) 10003 - 999 =

- A. 4009 B. 9004 C. 9040 D. 9400

Q.4) Which among the following is the largest known number in the world?

- A. 1 followed by hundred zeros B. 1 followed by thousand zeros C. 1 followed by ten thousand zeros D. 1 followed by 1 lakh zeros

Q.5) What does 1 googol mean?

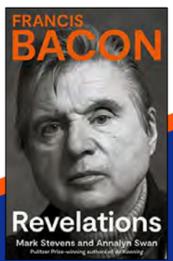
- A. 1 followed by hundred zeros B. 1 followed by thousand zeros C. 1 followed by ten thousand zeros D. 1 followed by 1 lakh zeros

ANSWERS

- (1) A) 0.09 (2) D) 2272 (3) B) 9004 (4) D) Googolplex (5) A) 1 followed by hundred zeros

DIVE INTO SOME GREAT NONFICTION READS

Nonfiction books on civil rights, art and the life of the mind were among those recently recommended by New York Times critics. Here, some of their favourites

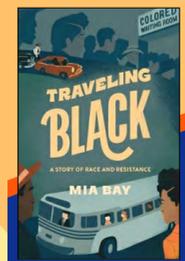


'Francis Bacon: Revelations'

by Mark Stevens and Annalyn Swan

Art historian John Richardson called Francis Bacon "the first modern painter of international caliber that the British have produced." In their new book, Mark Stevens and Annalyn Swan (who were awarded the Pulitzer Prize for their 2004 biography of Willem de Kooning) write about the fearless painter whose influences were Nietzsche and Aeschylus, and whose mode was "exhilarated despair." Times critic Parul Sehgal wrote in her review,

"It is the most comprehensive and detailed account of the life, and one that topples central pillars of the Bacon myth."

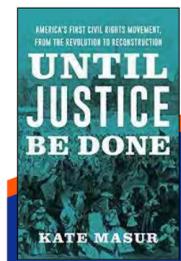


'Traveling Black: A Story of Race and Resistance'

by Mia Bay

Recent books have explored the role of the car in Black American life, and though the automobile figures prominently in "Traveling Black," Mia Bay situates it in the broader context of the various forms that mobility took after emancipation. She writes of how various forms of transportation, initially embraced by Black travellers for their potential to offer an escape from the degradation and dangers of the Jim Crow era, succumbed to the stubborn forces of segregation.

It's a "superb history of mobility and resistance," Times critic Jennifer Szalai wrote in his review of the popular book.

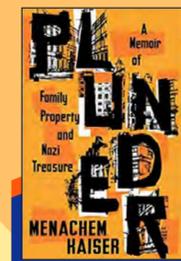


'Until Justice Be Done: America's First Civil Rights Movement, From the Revolution to Reconstruction'

by Kate Masur

Kate Masur's new book, one of a number recently published that recount the pursuit of liberty and equality during the antebellum era, tells the story of the "first civil rights movement," in the decades before the Civil War.

"If this is a clear-eyed book, it's still a heartening one," Szalai wrote in her review. "Masur takes care to show not only the limitations of what was achieved at each step but also how even the smallest step could lead to another."

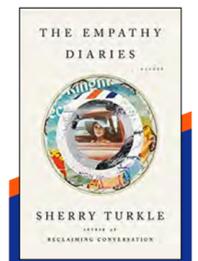


'Plunder: A Memoir of Family Property and Nazi Treasure'

By Menachem Kaiser

Menachem Kaiser, the descendant of Polish Jews, is a young writer who grew up in Toronto. 'Plunder' is about what happens after he takes up his Holocaust-survivor grandfather's battle to reclaim an apartment building in Poland that he owned before the war.

"Kaiser is a reflective man on the page, with a lively mind," Times critic Dwight Garner wrote in his review. 'Plunder' has many moods and registers. It acquires moral gravity. It pays tender and respectful attention to forgotten lives. It is also alert to melancholic forms of comedy."



'The Empathy Diaries: A Memoir'

by Sherry Turkle

Sherry Turkle is a clinical psychologist and a thinker about the ethics of technology and online life who has taught for decades at MIT. In this memoir, written with a warm, intimate voice, she writes about growing up in postwar Brooklyn, New York, in a semi-observant Jewish family. She evokes the hothouse atmosphere at Radcliffe and Harvard in the late 1960s, when she was an undergraduate. She writes about studying in Paris in the early 1970s, when she got to know controversial French psychoanalyst Jacques Lacan.

'The Empathy Diaries' is a "beautiful book," film critic Jack Garner wrote in his review.