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TODAY'S EDITION

► What are the effective ways to resolve sibling rivalry? We tell you
► For parents: Read signs about your child's mental health
PAGE 2



► How do you plan to utilise your weekend, amid strict lockdown
► Which book/movie are you reviewing this week?
PAGE 3



► IPL 2021: RCB hope to keep the momentum going against RR
PAGE 4



STUDENT EDITION

THURSDAY, APRIL 22, 2021



WEB EDITION

NEWS that made headlines

RECOGNITION

1 Kapil, Sachin, Virat among 5 greatest players of ODI era: WISDEN



Kapil Dev (the 1980s), Sachin Tendulkar (the 1990s) and Virat Kohli (the 2010s) have been named among the five greatest players of the five decades in the 158th Edition of the Wisden Cricketers' Almanac 2021. It also describes India as "the new masters" of cricket, and heaps praise on its 2-1 victory in the 2020-21 tour of Australia. Ben Stokes has been named as Wisden's Leading Cricketer in the World for the second consecutive year.

TECHAWAY

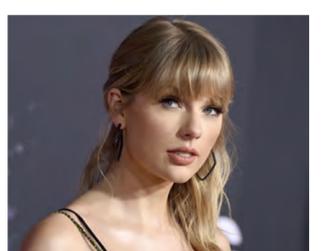
2 Apple unveils iPhone 12, 12 mini in purple finish



Apple on Tuesday unveiled an all-new stunning purple finish for the global market. The 6.1-inch iPhone 12 and 5.4-inch iPhone 12 mini are currently available in blue, green, black, white, and (PRODUCT)RED, and will be available in the new purple in 64GB, 128GB, and 256GB models, starting at ₹ 79,900 and ₹ 69,900. iPhone 12 features the first camera to shoot HDR video with Dolby Vision, and is the first and only device in the world to enable an end-to-end Dolby Vision experience.

MUSIC

3 TAYLOR SWIFT breaks 'The Beatles' 54 years chart record



With the re-release of her much-anticipated album 'Fearless', American singer-songwriter Taylor Swift has topped the UK's Official Albums Chart, beating a long-held record by the English rock band 'The Beatles'. According to TMZ, the album hit number 1 in the UK, and with that Taylor has racked up 3 number-1 albums—'Fearless', 'Folklore', and 'Evermore' in 259 days. This has beaten 'The Beatles' record who took 364 days to get the number 1 rank, with 3 albums in a row.

EARTH DAY APRIL 22

IEA ISSUES 'DIRE WARNING' ON CO2 EMISSIONS...PREDICTS 5% RISE

'The Earth has a deadline... Let's make it a lifeline'

► The World Meteorological Organisation (WMO) has said that 2020 was one of the three-warmest years on record, despite a cooling La Nina event. The global average temperature in 2020 was about 1.2 degree Celsius above the pre-industrial (1850-1900) level, it said. As the world continues battling the menace of climate change, on this Earth Day, youngsters take a vow to do their bit to save our planet from global warming. Read on...



All about the Earth Day

- The first Earth Day was celebrated in 1970, when US senator from Wisconsin Gaylord Nelson organised a national demonstration to raise awareness about environmental issues
- Rallies took place across the country, and by the end of the year, the US government had created the Environmental Protection Agency
- By 1990, the Earth Day began to be celebrated by more than 140 countries around the globe

I PLEDGE

...To reuse items

As a climate warrior, it's my duty to contribute towards making our planet eco-friendly, and the best way is to reuse items of use—plastic bottles as plant holders, wrappers, etc. Reusing products will not only curb pollution and save energy, it will also help in sustainable development.



ANMOL KAMBOJ, class XII, DAV Model School, Sector 15, Chandigarh

...To follow a sustainable lifestyle

As they say, charity begins at home. So, considering that simple lifestyle is the need of the hour, I vow to invest in energy-efficient appliances, reduce water waste, eat the food I buy, pull the plug when it is not in use, and drive fuel-efficient vehicle.



ALHAA AASMI B, class XI, Shree Niketan Patasala, Chennai

...My devotion towards my planet

Each one, plant one... Yes, I will follow this motto, this Earth Day. Apart from planting a sapling in my community park and nurturing them properly, I pledge to gift plants to my friends on their birthday to promote a green culture.



MANEEZA KHAN, class X, The Heritage School, Kolkata

...To be more eco-conscious

I will stop buying one-time-use products, I will be more mindful about throwing items away, and I will inspire and create awareness among others to do the same.



AYUSH NIMAK, class XII, The Kalyani School, Pune

...To reuse, recycle clothes and objects

Unfortunately, reusable products are still used sparingly. There aren't many brands that make sustainable/reusable products, and the ones that produce, aren't always cheap. Therefore, I pledge to reuse/upcycle/recycle old clothes and objects to lead an eco-friendly life.



TWISHA KARRA, class IX, Fr Agnel Multipurpose School & Jr College, Ambarnath west, Mumbai

\$14,000 prize for idea on ocean sustainability

To celebrate the Earth Day, the Commonwealth Secretariat and Satellite Applications Catapult have launched the first-ever 'Hack the Planet' competition in search of innovative, impactful and scalable ideas, which will tackle the threats facing communities around the world, linked to ocean degradation and the climate crisis. The virtual ideas competition will advance outstanding home-grown solutions from across 54 Commonwealth countries, targeting some of the world's most pressing ocean-related challenges. The deadline for online submissions is May 31. Six finalists will be selected to pitch their ideas live in front of a panel of judges. The winner of the competition will receive 10,000 pounds, and the announcement of the results will take place at a final showcase event in October.



BAD FUTURE, BETTER FUTURE: CHOICE IS YOURS!

Bewildered by huge wildfires, intense droughts and severe storms? Well, these catastrophes are all part of climate change. Yes, the planet is going to change a lot more in your lifetime. In fact, things could get really bad. But, if we take action now, we could avoid the worst effects. Time to ACT, BECAUSE IT'S NOW OR NEVER!!!

1 Did you know people use almost 7 billion tons of coal every year, and roughly 100 million barrels of oil and other liquid fuels every single day? Most importantly, we've produced electricity by burning fossil fuels like coal, oil and natural gas. Fossil fuels form deep underground from the remains of ancient plants and animals. When we extract them and use them for energy, we release pre-historic carbon into the air as carbon dioxide and methane. Human-caused emissions have already made the climate hotter than it's been in at least 1,000 years. And we keep producing more.

#Lesson for us: Save electricity

2 What we eat matters, too. Cows and other livestock produce greenhouse gases when they burp, fart and poop. Gases also seep from crop fields. In places like the Amazon Rainforest, people cut down trees to clear lands for farming, which in turn release large amounts of carbon stored in wood and soils. Globally, agriculture and other ways of using the land, account for about a quarter of all the greenhouse gas emissions.

#Lesson for us: Eat differently, eat less meat

3 Changes in the weather will make it harder for us to grow food. In certain places, water supplies will dry up. Many people will leave their homes in search of better places to live, and the poor will suffer more than the rich. Extreme heat and drought will make wildfires even more dangerous. Most of us will be exposed to unhealthy smoke. Many plants and animals will face extinction from habitat loss and other human threats.

#Lesson for us: Protect forests; plant trees, which suck some carbon back out of the air as they grow. Indigenous people with deep ecological knowledge could lead the way



POSITIVE PARENTING

5 EFFECTIVE WAYS TO RESOLVE SIBLING RIVALRY



HELP THEM REALISE THEIR OWN UNIQUENESS

Every kid is unique. But children don't find that out on their own. As parents, you must help them realise it. While an older kid may have his own talents, you must make sure that your younger kid doesn't feel less than them in any way. Without neglecting your elder child's achievements, help your younger one also excel in what they want to do. This way both will go on to appreciate each other's hard work.

MAKE THE ELDER CHILD ACCOUNTABLE FOR HIS/HER YOUNGER SIBLING

Maturity comes with responsibilities. Making your firstborn feel more responsible and accountable for their younger siblings, can lower down the instances of fights and quarrels between your kids. While the elder one feels the need to be more understanding, the younger sibling starts respecting his/her decisions over time, which ensures a more calm and composed sibling relationship.

As a parent, having more than one kid can be a bliss, but it can be quite challenging at the same time. While the sibling bond is full of love, life and laughter, it is also borne with bitter fights and discomfoting quarrels. Though parents love their kids equally, knowingly or unknowingly, they may spark a competitive atmosphere between their kids. Check these five ways to undo what you started and help your children resolve their issues.

TEND TO ALL YOUR CHILDREN EQUALLY

Never differentiate between your kids. Love them and tend to their needs equally. While there's a high chance that you may have a favourite amongst your kids, do not display it openly. Not only will it hurt your other children's feelings, it will damage their relationship in the long run. Instead, give each of them time individually and listen to what they have to say. Do not pick sides, rather try to help them cooperate with each other.

DO NOT ALLOW YOUR FIRST BORN TO LOOK DOWN UPON YOUR YOUNGER ONE

Often an older sibling may feel privileged to criticise or demean their younger sibling, which is one of the more unhealthy aspects of a sibling relationship. As a parent, what you can do is teach your firstborn the art of communicating appropriately with others, even the little ones. Explain to them how being the elder one makes them more accountable and that they should also have bigger hearts. Rather than looking down upon their younger brothers and sisters, they must assist and guide them to achieve greatness.

INTRODUCE THEM TO EQUAL OPPORTUNITIES TO AVOID ANY RIVALRY



Given the firstborn is the eldest and will have more years of experience and greater cognitive abilities, they might always be the winners and your younger kid may feel demotivated. This could lead to a lot of competition and might also boost your elder child's ego a bit too much. To avoid it, introduce and expose all your kids to equal opportunities. Probably something that does not involve strength or intelligence, but mere luck such as board games. This gives all your kids equal opportunities to win or lose.

5 SIGNS your child is facing mental health issues

SPOT RED FLAGS

Children may suffer from the same mental health conditions as adults and show different symptoms. Data suggests that in India, about 12 per cent of children suffer from behavioural problems and mental health issues. The most shocking part is that out of all, about 95 per cent of them do not get help due to social stigma or lack of knowledge. Anxiety disorders, depression, and Attention Deficit Hyperactivity Disorder (ADHD) are some common issues and can have a lifelong impact if not addressed on time.

Here are five signs of mental disorder in kids that you must know about.

Frequent complaints of headaches and stomach aches

Yes, even physical symptoms like muscle tension, pain, headaches, insomnia, and restlessness can be symptoms of mental health issues. Anxiety can lead to stomach ache, brain fog, poor concentration level. When these physical symptoms are caused or made worse by your mental state, it's called psychosomatic. So, if your kid frequently complains about these issues try to find the reason and seek timely help.



Changes in grade and performance

If your kids have been consistent with their grades, but lately you have noticed a drop in their performance, do not take it lightly. Not paying attention in the classes, not participating in extracurricular activities and skipping classes can be signs of stress or depression. Talk to your kid about it and try to know what is bothering them. It can be something that happened at school or some incident that took place at home. Addressing the problem is important for your child.

Loss of appetite or change in weight

Any drastic change in weight or loss of appetite can be a sign of depression. The term depression is defined as feeling sad, lost or empty for at least two weeks. This can interfere with daily activities. Depression and appetite are controlled by the same part of the brain. This can lead to poor appetite, and eventually, weight loss. Seeking behavioural therapy at the right time can help to overcome this problem.



Excessive fear or crying

Too much of fear or nightmares can be due to several reasons like fear or anxiety, and other emotions like anger, sadness, embarrassment or disgust. Children who have experienced traumatic events may have frequent nightmares, which can harm their mental health in the long run and even bother them when they grow up. It is important to address these issues early in childhood.



Extreme disobedience or aggression

It is common with kids at times to disobey or show tantrums when you ask them to do something they do not want to. But if it becomes a regular thing and you witness a drastic change in their behaviour, it is not normal. Try to find the root cause of it or else seek a child counsellor's help. You can even ask other members of your family who are close to the child to talk to them. TNN

4 Plants that can be YOUR DESK BUDDIES

WITH THE SECOND WAVE OF COVID-19 PUSHING PEOPLE INTO AT-HOME LIFE ONCE AGAIN, IT'S A GOOD IDEA TO SPRUCE UP YOUR STUDY DESK. GET THESE PLANTS TO KEEP ON YOUR DESK TO ADD AESTHETIC VALUE TO YOUR DAILY LIFE AND ALSO TO ACT AS NATURAL STRESS BUSTERS



SANSEVIERIA OR SNAKE PLANT

A STURDY PLANT, sansevieria is one of the best indoor plants to have and maintain. It requires minimum watering and adds a grand look to the work or study desk.

PEACE LILY

THIS IS ONE plant that has a soothing combination of colours - dark green of leaves and the serene white of flowers. This pretty plant is a great air purifier.



JADE PLANT

SOME CULTURES ALSO call it the money plant and keep adding coins and currencies to the pot where it is planted. Jade also has air purifying qualities and is low maintenance.



FITTONIA

A FITTONIA ON the desk can always be a zoom call conversation starter. The pretty mosaic of the leaves gives it an attractive look and the plant requires low light and can do with little watering. Moreover, the bright colour variations of the leaves also add to the aesthetics. TNN



SUMMER RECIPE

Frothy Fruity Melon Shake

This is an interesting shake recipe for warm summer afternoons and weekend evenings. It is a healthy, refreshing and delicious beverage to have instead of sugary colas and packaged juices

INGREDIENTS

1 1/2 cup cantaloupe melon
1/4 inch ginger
1 teaspoon honey
A handful of cherries
1 cup ice cubes
1/2 cup yoghurt (curd)
1/2 cup sparkling water
2 sprigs basil

HOW TO MAKE

STEP 1: In a blender, combine melon puree, ice cubes, ginger, yoghurt and honey. Blend until smooth and frothy.

STEP 2: Top up with sparkling water. Garnish with basil leaves and cherries. Serve chilled. TNN

