



# THE TIMES OF INDIA

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TODAY'S EDITION

Ryan Fernando, sports nutritionist, shares tips on foods one must consume before and after taking the Covid-19 vaccine  
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STUDENT EDITION

MONDAY, MAY 17, 2021



WEB EDITION

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## TIMES NIE Answers Your Query

**Aditya Arun Kende**  
class X, Fr. Agnel Multipurpose School and Jr College, Vashi



### A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts,  
**CLICK HERE**  
OR VISIT  
<https://bit.ly/331RxDn>

**Q** What are your views on recent problems such as shortage of oxygen supply, vaccines and the rising Covid cases?

In April-May there was a huge surge in the Covid cases, mortalities as well as over-dependence on the vaccines and oxygen for the

patients. Even though the oxygen and vaccine deficit can be tackled, Covid-19 infection is still lingering. The basic precautions which have been advised to follow remain of crucial importance.



**Shirisha Varma**,  
class XI, St. Xavier's College, Mumbai

**Q** What side effects can one expect after first dose of vaccination?

No major side-effects have been observed barring some cases with fever, body pain, and pain at the site of injection. They are not worrisome symptoms and may last for 1 to 2 days. During this period, the vaccinated person is advised to take rest as much as possible and consume plenty of fluids. One can take anti-pyretic drug such as Paracetamol to control fever.



### EXPERT ADVICE GIVEN BY

**Dr. Deepak Khedekar**,  
MBBS-M. D, Professor of Anatomy, LTMC - Lokmanya Tilak Municipal Medical College



## ANUSHKA SHARMA, VIRAT KOHLI INCREASE COVID AID TARGET TO ₹ 11 CRORE

As scores of people came forward to donate towards helping the country in the battle against the pandemic, actor Anushka Sharma and her cricketer husband Virat Kohli have increased their target for Covid-19 relief to ₹ 11 crores. The 'Rab Ne Bana Di Jodi' star took to Twitter and made the announcement around increasing target for the fundraiser. She wrote, "Virat & I are thankful to the MPL Sports Foundation for strengthening our efforts to help India fight the pandemic. Your donation of ₹ 5 crore empowers us to keep going, and has allowed us to increase our goal to ₹11 crore. @PlayMPL@act-grants@ketto#InThisTogether #ActNow."



Earlier, the celebrity couple started the fundraising campaign with the intent to raise ₹ 7 crores

# No decision yet on pending class XII Board exams: CBSE

The Central Board of Secondary Education (CBSE) said on Friday that it has not taken any decision yet on class XII Board exams, even as a section of students and parents have been demanding the cancellation of exams in view of the Covid-19 pandemic situation. "It is clarified that no such decision (cancellation of exams) has been taken regarding the class XII board examination, as being speculated. Any decision taken in this matter will be officially communicated to the public," a senior CBSE official said. The official was responding to a question about the possibility of cancellation of class XII board exams, following demands by section of students and parents, who have expressed concern over the Covid-19 pandemic situation.



- In the wake of the second wave of Covid-19, the Union education ministry has cancelled the class X CBSE Board exam and postponed the CBSE Board exam of class XII
- The ministry has also postponed all exams of higher education scheduled in May

- The exams, which are usually conducted in February-March every year, were scheduled to be held from May 4.
- Last year, the Board exams had to be postponed mid-way in March.
- They were later cancelled and the results were announced based on an alternative assessment scheme

### Education minister to hold virtual meeting with all state

Union education minister Ramesh Pokhriyal Nishank will interact with education secretaries of all the states on May 17, and review the impact of the Covid-19 pandemic on the education sector. In the virtual meeting, the minister will also review the promotion of online education and



implementation of the New Education policy. Sources further said that this is the first virtual meeting of the Union education minister with the state education secretaries after Covid-19 second wave. According to sources, the Union minister will also review the preparation made by the state education departments to cope with the Covid-19, and how students can continue their online education despite the pandemic.



## Quote unquote

This is a tragic time in India given the pandemic. Covid-19 pandemic is probably India's greatest challenge since independence. When the pandemic hit first, the challenge was largely economic as a result of the lockdowns, now the challenge is both economic and personal, and there will also be a social element to it as we go forward. I do hope as this pandemic passes, we recognise that there are situations where government breaks down. The pandemic has shown that we are all connected. No man is island, no woman is island  
**Raghuram Rajan, former RBI governor**

**Q: SHOULD CBSE SCRAP CLASS XII BOARD EXAMS? SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM**

## For 87th birthday, Ruskin Bond curates delectable collection of short stories

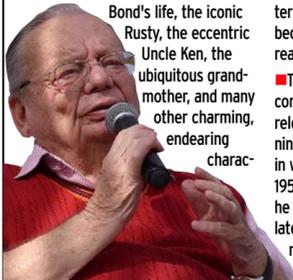
Ahead of his 87th birthday on May 19, Ruskin Bond, one of India's most-loved writers of children's stories, has carefully curated a mixed bag of 25 of his most-cherished stories in a new book, 'All Time Favourites for Children', interspersed with excellent and quirky artwork that will evoke a range of emotions, not only among the young but also across a spectrum of readers.

### BOOK

- The collection brings together some of the evocative episodes from Bond's life, the iconic Rusty, the eccentric Uncle Ken, the ubiquitous grandmother, and many other charming, endearing characters,

while also introducing us to a smattering of new ones that are sure to become firm favourites with the readers

- The book, in fact, is the perfect complement to 'A Song of India' released last July to mark the beginning of Bond's 70-year writing career, in which he takes the reader back to 1951, his last year in Dehradun before he set sail for England, and which later became the basis for his first novel, 'The Room on the Roof'

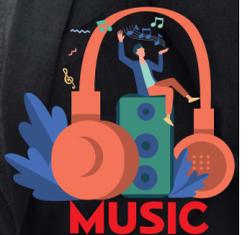


## Drake to receive Artiste of the Decade honour at Billboard Music Awards

Canadian rapper and singer Drake will be honoured with the Artiste of the Decade Award at the 2021 Billboard Music Awards. The announcement was made by NBC and Dick Clark Productions in a statement posted on the official website of Billboard Music Awards (BBMA)

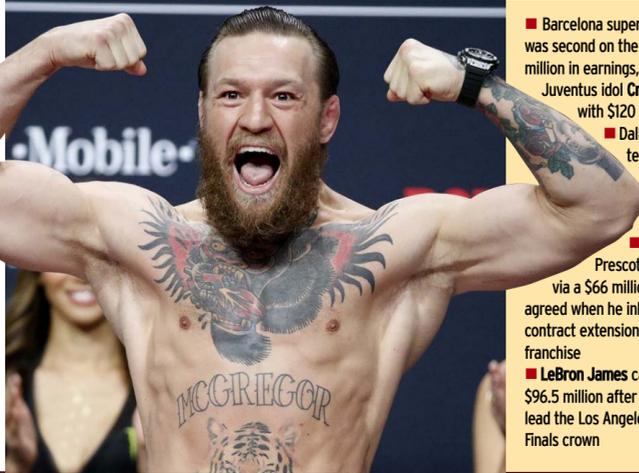
- Drake holds the record for the most-Billboard Music Awards with 27, reaching this record after taking home 12 awards in 2019
- Over the past decade he's also broke several Billboard chart records, including having nine Number One albums and 33 top 10 songs on the Hot 100
- Drake is also up for seven awards at the 2021 ceremony, including the top artiste trophy

- The organisers had recently announced that singer Pink will receive the Icon Award, honouring record-breaking artistes and their impact on music
- Singer-actor Nick Jonas will host the 2021 edition of the Billboard Music Awards, which are scheduled to take place on May 23



# Conor McGregor tops Forbes' highest-paid athletes list

Mixed martial arts superstar Conor McGregor was the sporting world's highest-paid athlete in 2020, Wraking in around \$180 million, with earnings boosted by commercial ventures, claims a Forbes report. The 32-year-old Irishman only fought once in 2020, earning around \$22 million from his victory over Donald Cerrone in January. The bulk of the former plumber's pay packet, an estimated \$158 million, came via his successful business activities.



- Barcelona superstar **Lionel Messi** was second on the list with \$130 million in earnings, followed by Juventus idol **Cristiano Ronaldo** with \$120 million
- Dallas Cowboys quarterback **Dak Prescott** was ranked fourth on the list with \$107.5 million
- The bulk of Prescott's earnings came via a \$66 million signing bonus agreed when he inked a \$160 million contract extension with the iconic NFL franchise
- **LeBron James** came in fifth with \$96.5 million after a year that saw him lead the Los Angeles Lakers to the NBA Finals crown

## IN THE ELITE CLUB

- Some \$65 million of James' earnings came from endorsements and other off-the-court activities
- Paris Saint-Germain's Brazilian striker **Neymar** was sixth on the list with \$95 million
- Swiss tennis star **Roger Federer**, meanwhile, continued to make the top 10 despite playing only one tournament in 2020. The 20-time Grand Slam singles champion earned most of his \$90 million from endorsements
- Formula One star **Lewis Hamilton** (\$82 million), NFL Tampa Bay Buccaneers quarterback Tom Brady (\$76 million) and NBA Brooklyn Nets ace Kevin Durant (\$75 million) rounded out the top 10

## Pet's Corner

### THINGS TO BE SURE OF BEFORE YOU KEEP A DOG

Getting a dog as a pet can be a wonderful decision that one must definitely think over, at least once. It may seem like an easy job but it's actually not. There are a number of things you should be sure of, before you get a furry friend home



#### YOU HAVE TO BE COMMITTED

Dogs are here to be with you. The average dog has a lifespan of around 12-13 years and so, you need to be sure of the commitment you are giving to the dog, to be in your life. Dogs are adorable, naughty and loyal. You have to give them your time, love, affection and care.



#### RESEARCH ABOUT BREEDS

Before you decide on a dog, be sure to research the different breeds of dogs. It's wise to get a dog that suits your home environment (if you're living in a big/small home), if you a nuclear or joint family. Getting a suitable dog for your environment is a decision you should think about.

#### CHECK EXPENDITURE

Don't be under the impression that you just need to spend on dog food and the time when you are planning to get a pet. Dogs need to have a proper bed, leash, collar, nutritious food, visits to the vet, etc. You will have to spend a certain amount of money on them, so it's going to be a bit expensive.



#### HAVE GOOD VETS NEARBY

It's important to have a veterinarian and an animal hospital nearby because you never know when your dog would need a vet. Be conscious of your location and don't bring a dog home without checking if there's an efficient healthcare system nearby.

#### PET-PROOF YOUR HOME

You need to make sure your dog lives in a pet-friendly space in your home. Don't keep any dangling chords here and there and be sure to check if balconies have space that can be dangerous for puppies to slide through. Many other such little things need to be pet-proofed to provide a safe place to stay. Your dog will also need to be trained well to adapt him/her to new surroundings. So, plan everything with care and caution.

## NUTRITION ALERT!

# FOODS TO EAT BEFORE AND AFTER GETTING VACCINE

Eating the right food can help prevent any side effects of vaccines. Ryan Fernando, celebrity and sports nutritionist talks about five important foods one must consume before and after taking the Covid-19 vaccine to minimise the chances of any adverse effects.



#### Turmeric

The curcumin in turmeric, which gives it a yellow colour is great for our health. Turmeric or haldi is an anti-stress food as it shields one's brain from stress. You can consume it in different curries or with warm milk.



#### Garlic

This herb and veggie works wonders in boosting immunity and feeding great gut microscopic organisms. Garlic is rich in probiotics, which feeds the microscopic organisms in the gut.



#### Ginger

It helps in controlling ongoing sickness like hypertension, coronary illness and lung infection. Ginger also helps in reducing stress and one must consume it before taking the vaccine to tackle any stress.



#### Fresh fruits

Fruits are rich in antioxidants, minerals and plant synthetic compounds. They are essential food items that help in boosting the immune system. TNN

#### Green vegetables

Vegetables are full of nutrients, minerals and phenolic compounds. These are high calcium and minerals too. Have vegetables like kale, spinach and broccoli to battle any kind of irritation or inflammation that may occur after getting a vaccine.



### FIVE SUPERFOODS THAT HEAL INFLAMMATION

#### Blueberries:

They are loaded with cell reinforcements and Phyto flavonoids. Blueberries are also rich in potassium and vitamin C and help in expanding the serotonin levels.



#### Chicken/vegetable broth soup:

To boost your immunity, it's important to take care of your gut. You can have mixed vegetable soup or chicken broth to enhance your gut health.



#### Dark chocolate:

It is full of supplements that boosts your mood and provide you with energy. Studies show that dark chocolate can improve your well-being and lower the risk of coronary illness too.



#### Virgin olive oil:

This oil works wonders in preventing diabetes and neurological diseases. Cook food in olive oil or toss a salad with it to get its goodness.



#### Broccoli:

Eating broccoli brings down the danger of cardiovascular diseases by lowering the cholesterol levels in the body. It's also rich in vitamin C.



## Healthy life

### Malaika Arora's 'BERRY COMBO'

Malaika Arora is another fit celeb who gives fitness goals to all.

**RECIPE:** Her go-to smoothie recipe includes berries like goji berry, acai and blueberry, which she blends with a bit of Greek yoghurt, a splash of coconut water and tops it off with spirulina.



### Jacqueline Fernandez's 'GREEN SMOOTHIE'

The pretty actor is known for her glowing healthy skin. The secret of her radiant complexion is a green smoothie.

**RECIPE:** Place amla, kale, spinach, lemon, ginger and celery in a blender and blend till it's a smooth mixture. Pour into a glass and enjoy the nutritious drink.



## SMOOTHIE RECIPES BY BOLLYWOOD CELEBS

When it comes to a recipe that is nutritious and tasty at the same time, smoothies are a great choice. They can also be tailor-made as per your taste. Here are some healthy smoothies that Bollywood celebs swear by

### Shilpa Shetty's 'BREAKFAST BOWL'

She has a popular YouTube channel where she posts workout and recipe videos. Shilpa Shetty's popular breakfast bowl is called 'Mermaid Smoothie Bowl' and includes all things healthy.

**RECIPE:** Blend chopped kiwis, bananas, pineapples and blueberries together to make a puree. Add 1 cup almond milk to the blender, with 2 tbsp honey and blend again. Pour into a bowl, garnish with flaxseeds, blueberries, chopped apples, edible flowers and you are done. Your delicious smoothie bowl is ready.



### Alia Bhatt's 'MILK & ALMOND FROTH'

The bubbly actor is a fitness freak whose midnight cheat meals are also healthy food like peanuts and makhana. She loves to make her smoothies.

**RECIPE:** Place milk, blueberries, almond, raisins, chia seeds and water in a blender and blend until it's frothy. Enjoy its goodness and delicious taste.



### Diana Penty's 'VEGGIE & LIME POW-ERHOUSE'

The pretty actor is a green juice fan, which is evident from her favourite smoothie recipe.

**RECIPE:** Place a combination of greens like kale, celery and spinach in the blender. Add chopped green apples along with lime juice and ginger and blend until smooth. This smoothie is loaded with many nutrients and vitamins.



## How to make plants work for different spaces

There are many ways to keep plants in your home. What looks good in the living room may be a bit too big for the balcony. Check these expert suggestions for arranging plants in ways that only add aesthetic appeal and a touch of green to your home



► You can go for tall plants like a fiddle leaf fig, rubber plant, or a European fan palm and use it as centerpieces in your house.

► Plant a creeper like a money plant or climbing greens like English Ivy or heart-leaf philodendron to give your bookshelves a green touch. They don't need fancy pots. You can upcycle empty glass bottles to grow them.

► Invest in some minimalistic and miniature plants to grow plants like succulents and jades and place them in your bathrooms.

► If you want to add some elegance, pot the plants in white ceramic pots and place them in empty spaces in your house.

► A complete wall can be dedicated to plants by opting for vertical planters. The wall can be the focal point of your home.

(By Ganjan Tiwari, Interior designer, Delhi)