



# THE TIMES OF INDIA

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TODAY'S EDITION

Follow yoga tips given by our experts to keep yourself fit in these pandemic times  
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Stay away from misinformation by verifying information and curbing your social media usage, say experts  
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Atletico just one win away from Spanish title  
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STUDENT EDITION

TUESDAY, MAY 18, 2021



WEB EDITION

CLICK HERE: PAGE 1 AND 2

## TIMES NIE Answers Your Query

**Yuvraj Joseph,**  
class IX, Aavishkar Academy, Bengaluru



### A SHOT OF HOPE

To ask queries regarding Covid-19 and vaccination from our experts,

CLICK HERE OR VISIT  
<https://bit.ly/331RxDn>

**Q** How does the Covid vaccine work? After how many days from vaccination does the immunity level increase?

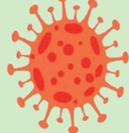
A vaccine is a dead or a live attenuated virus, which when given in a required dose, produces a mild infection, triggering the body to produce antibodies. When a person is infected with corona virus, the antibodies produced will neutralise the virus. It will take 6-8 weeks from the second dose for immunity levels to increase.



**Anish,**  
class IX, Aavishkar Academy, Bengaluru

**Q** What precautions should family members take if someone tests Covid positive?

When a family member is infected the situation is more challenging. First all the family members should be screened, as everyone in the house qualify as primary contacts. Infection is always higher among primary contacts, therefore family members should strictly follow covid-specific precautions. They must maintain social distance, must wear masks and sanitise regularly.



EXPERT ADVICE GIVEN BY

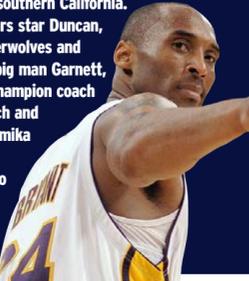
**Dr Amalaselvam A ( MD, MDRC)**  
physician diabetologist  
Joseph Medical Centre,  
Laxmipuram, Bengaluru



RECOGNITION

## KOBE BRYANT INDUCTED POSTHUMOUSLY INTO BASKETBALL HALL OF FAME

Los Angeles Lakers icon Kobe Bryant was inducted posthumously into the Naismith Memorial Basketball Hall of Fame on Saturday, part of a star-studded group that also included Tim Duncan and Kevin Garnett. Bryant was inducted as part of the Class of 2020, almost 16 months after he and his 13-year-old daughter Gianna were killed in a helicopter crash along with seven others in southern California. San Antonio Spurs star Duncan, Minnesota Timberwolves and Boston Celtics' big man Garnett, two-time NBA champion coach Rudy Tomjanovich and WNBA legend Tamika Catchings were among those also inducted on Saturday night.



# With Tauktae, Arabian Sea becomes A NEW HOTBED OF CYCLONES

Tauktae is the first cyclonic storm in 2021

### THE RISE

of late has seen an increase in the number of such storms. In fact, between 1891-2017, of the five cyclonic storms that developed annually over the North Indian Ocean, four developed over the Bay of Bengal and just one over the Arabian Sea.

That equation, however, has seen a shift after 2017 – in 2018, the Arabian Sea saw three cyclonic storms compared to four in the Bay of Bengal. But in 2019, the Arabian Sea, with five cyclonic storms, overtook the Bay of Bengal, which had three cyclonic storms. Last year, while the Bay of Bengal had three, the Arabian Sea had two.



### THE REASON

The key reason behind the proliferation of cyclonic storms over the Arabian Sea has been the increase in sea surface temperatures (SST) in the last 40 years, by 1.2-1.4 degrees Celsius.

Cyclones feed off on the energy gained from the warm waters, which is why they have been more frequent over the Bay of Bengal, where SST hovers over 28 degrees Celsius.

The Arabian Sea, in contrast, used to have SSTs, which were generally 1 to 2 degree Celsius lower than the SST of Bay of Bengal. However, with the Arabian Sea SST rising – it is between 30-31 degrees Celsius around Panaji in Goa, where Tauktae first made an impact – there has been an increase in both – extreme rainfall events, such as in Kerala and cyclonic storms

### THE DANGERS

While global warming is no doubt the reason behind the increase in the number of cyclones, it is also causing the rapid intensification of cyclonic storms. Rapid intensification is when the maximum sustained

wind speeds increase by 55kmph or more within 24 hours. In Tauktae's case, the wind speeds increased from 80-90kmph on Saturday – when it was still classified as a cyclonic storm to 145-155kmph by Sunday, when it became a very severe cyclonic storm

Cyclone Tauktae's (pronounced Tau'Te) name originates from a Burmese word, which translates to gecko – a 'highly-vocal lizard'

The cyclone was named by Myanmar

Cyclones are officially named by one of the World Meteorological Organisation's (WMO) warning centres based

### DID YOU KNOW?

The WMO/United Nations Economic and Social Commission for Asia and the Pacific (ESCAP) Panel on Tropical Cyclones (PTC) includes 13 countries – India, Bangladesh, Myanmar, Pakistan, the Maldives, Oman, Sri Lanka, Thailand, Iran, Qatar, Saudi Arabia, United Arab Emirates and Yemen



## Instagram will soon let users post from its website

Facebook-owned photo sharing platform Instagram is reportedly working on an update to its desktop website that will allow its users to create posts from there as well. The update brings the post creator to the web version of Instagram, which was previously only available on the mobile Instagram website besides the official app, 9To5Google, citing developer and app analyst Alessandro Paluzzi said.



The interface has been tweaked with a preview of the content next to the publishing options. Users will also find options to crop the image, apply filters and set a description



## A rare Leonardo da Vinci drawing heads to auction

Titled 'Head of a Bear', a rare drawing by Italian polymath and 'Mona Lisa' creator Leonardo da Vinci (1452-1519) will be on auction in London on July 8. This penetrating study of a bears head is one of less than eight surviving drawings by Leonardo da Vinci known to be in the private hands outside the Royal Collection and the Devonshire Collections at Chatsworth. It is estimated to fetch between 8,000,000-12,000,000 pound (₹82 crores - ₹122 crores approximately).



This drawing in the Christie's London sale is executed in silverpoint on a pale pink-beige prepared paper, a technique, which Leonardo was taught by his master Andrea del Verrocchio, said Christie's

According to the auction house, the drawing's history can be traced back

to Sir Thomas Lawrence, the renowned British painter whose collection of old master drawings is considered among the greatest ever-assembled. After Lawrence's death in 1830, the drawing passed to his dealer Samuel Woodburn, who sold it at Christie's in 1860 for 2.50 pound

## Afghan girls turn car parts into ventilators

On most mornings, Somaya Farooqi and four other teenage girls pile into her dad's car and head to a mechanic's workshop. The members of Afghanistan's prize-winning girls' robotics team say they're on a life-saving mission – to build a breathing machine from used car parts and help their war-stricken country battle the coronavirus. "If we even save one life with our device, we will be proud," said Farooqi, 17. At the workshop, the team is experimenting with two different designs, including an open-source blueprint from the Massachusetts Institute of Technology.

The parts being used include the motor of a Toyota windshield wiper, batteries and sets of bag valve masks, or manual oxygen pumps.

A group of mechanics is helping them build the frame of a ventilator

The ventilator model, once completed, would be sent to the Afghan health ministry for testing



## Gwyneth Paltrow pens down sweet note on daughter's birthday: You are my life

American actor Gwyneth Paltrow celebrated her daughter Apple Martin's 17th birthday by penning down a sweet note. The Goop founder took to Instagram and posted a sweet snap of her daughter Apple sitting near a tropical beach. "Can it be? 17 today?? My sweetest girl... YOU ARE MY LIFE! You make me belly laugh every day. You are brilliant and hardworking. You are fully YOU, which I respect and admire so much. I wish I had had even a spoonful of the self-acceptance you have when I was your age," she captioned the photo. She continued, "You are so inspiring and just so cool. I remember the morning you came into the world so perfectly, I just can't believe it was 17 years ago. Happy birthday, my angel."



## MARVEL STUDIOS ROPES IN THOMAS BEZUCHA, ALI SELIM TO DIRECT 'SECRET INVASION' SERIES



Entertainment

Marvel Studios has hired filmmakers Thomas Bezuca and Ali Selim to helm Samuel L Jackson-starrer series the 'Secret Invasion'. Bezuca most-recently helmed Kevin Costner and Diane Lane-starrer thriller 'Let Him Go', while Selim worked as the director for two episodes of Hulu series 'The Looming Tower'. 'Secret Invasion' will see Jackson reprise his Marvel Cinematic Universe (MCU) role of Nick Fury opposite Ben Mendelsohn, who returns as Talos from 'Captain Marvel'. The show gets its name from the 2008 comic book event story in which Skrulls, a group of shape-shifting aliens, had infiltrated human society, and replaced some of the Earth's superheroes years earlier. The cast also includes Oscar winner Olivia Colman, 'Game of Thrones' actor Emilia Clarke and 'One Night in Miami' actor Kingsley Ben-Adir

## A painting that brings in positive vibes

Ganesh is considered the God of Wisdom and Knowledge. He is also referred to as Mangal Murthi, the symbol of prosperity, happiness, and welfare. As Lord Ganesh brings in positivity,

### STUDENTSPEAK

every auspicious work begins after worshipping him. I was browsing through the Internet and came across many paintings, but I liked this painting the most as the whole world is suffering from this deadly virus and

want Lord Ganesh to shower his blessings and happiness on the world so that we can get rid of this deadly virus. I painted this in one of the balconies of our house, on a wall, with vibrant colours, and had done this when my family was suffering from covid. It took me five days to complete this painting. My parents and neighbours appreciated my work a lot and motivated me to paint more and more of these amazing paintings. I enjoyed painting this and would love to paint more.

**Sehej Gupta, class VII, DPS Whitefield**



## Time to rejuvenate and ignite and pursue one passions

The Covid pandemic situation across the world made humanity realise the value of the presence of near and dear ones, the free oxygen that the nature supplies us, the physical presence of the students in the classroom while learning, the presence of guru in the journey of education, the sound mind in sound body and many other values.

Though we are going through a tough time, many people are blessed by suitably utilising this pandemic time, with their innovative ideas and the bringing back the traditional way of life to life.

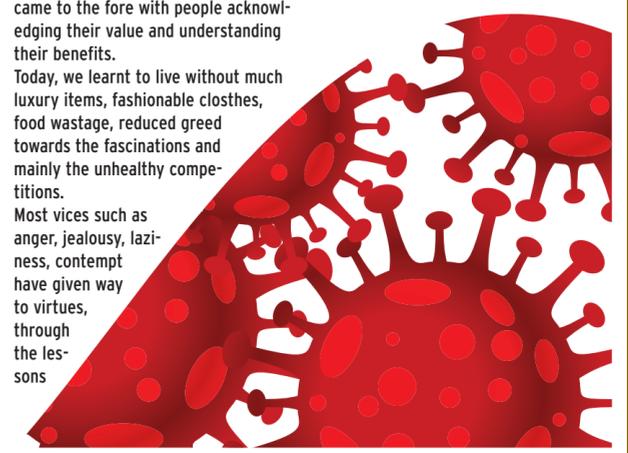
The percentage of polyanemia has shot up and now we gradually learn to follow the rhythm of our mother nature. The pollution rate has been reduced and contagious diseases were diminished with our positive attitude in the activities. Visit to the hospital is the last term in the list of thoughts and giving weightage to our future is the prime aim rather than my future. The whole world irrespective of cast and creed joined hands to do the medical research on a single platform for the same aim, how to eradicate the virus.



### PRINCIPALSPEAK

**REMADEVI R, Principal in-charge, KV INS Dronacharya, Ernakulam**

Are we not blessed with many attributes in this tough time? Look at the corona around us and it is time to rejuvenate and ignite these attributes and see the Aurora of Corona in every one of us that can wonderfully beat this 'Corona era' successfully.



### QUIZ TIME

## May Medley

Choose correctly to complete these statements on the month named after the Greek goddess, Maia.

- Q.1)** Not founded in May is most of May, is a May, for many countries, is
- A. Chhattisgarh B. Gujarat C. Maharashtra D. Sikkim
- A. Bull B. Bison C. Bear D. Badger
- A. First B. Second C. Third D. Fourth
- Q.2)** May begins and ends on the same day as
- A. January B. July C. December D. No Month
- Q.4)** Honoured on May 12 are
- A. Architects B. Doctors C. Nurses D. Engineers
- Q.6)** The word missing in 'April showers \_\_\_\_ May flowers' is
- A. Spring B. Bring C. Yield D. Field
- Q.3)** Taurus, Zodiac sign for
- Q.5)** Mother's Day Sunday in

### ANSWERS

- 1) A. Chhattisgarh  
2) D. No Month  
3) A. Bull  
4) C. Nurses  
5) B. Second  
6) B. Bring

Suryakumari Dennison, teacher, Aavishkar Academy

## Exams in tumultuous times

The Bhagvad Gita was told to Arjuna by Lord Sri Krishna not during the peaceful times but in the battle field during tumultuous times where death, disaster and devastation was inevitable. We are also at war right now with a virus that has already started taking lives in thousands. This is the time for us to focus on the goal and do our Karma. Krishna told Arjuna that as a warrior it was his duty to fight and not pay attention to the individuals who were his family members in the enemy camp. Similarly, right now is the time for the students to focus on their examination and not get deluged by the negativity around.

**Prachi Lahiri, teacher, NPS, HSR**

## Qualities of perseverance, calmness inspire me

Hard work, coupled with dreams and dedication results in success. One such personality who strongly believed in the above phrase and achieved many great titles of the world is Kento Momota. He is the one whom I admire.

Kento Momota is a Japanese badminton player who holds the record for the most men's singles titles in a season. Having won many tournaments in the junior level, and even as a teen started competing with his seniors. Though



### INSPIRING ICONS

he couldn't win titles, his performance was remarkable and he continued to learn from his defeats.

Momota has had to encounter many hurdles in his career. He faced a ban just 4 months before the 2016 Rio Olympic Games. He met with an accident just hours after he won the Malaysia Masters men's singles in 2020. In Jan 2021, Momota tested positive for COVID -19, forcing him to withdraw from three tournaments.

Kento Momota is the one with an ideal goal. He has the great quality of perseverance. Though he faced many barriers in his journey of life, he never gave up. He understood his mistakes, corrected them and came back stronger. The other great attribute of Kento Momota is his calmness on the court though his play is very aggressive.

As a badminton player myself, his game, his strategy, his skills, his game plan, his attitude on the court encourages me to work harder, get better and keep on moving.

**Adithi A Ashok, class VIII, NPS BSK**



## Baddha Konasana

In Sanskrit Baddha means bound, Kona means angle and aasana means posture. The final posture in this aasana is holding the legs bending forward and that is the reason this aasana has been named as Baddha Konasana.

### INSTRUCTIONS

**STHITI**  
Dandasana. Keep your legs together, hands by the side of the body and your spine straight.

**Step1**  
Inhale and exhale, fold the right leg and keep it near the pelvic region.

**Step2**  
Inhale and exhale, fold the left leg keep it near the pelvic region (use your hands to fold legs).

**Step3**  
Inhale and keep your body straight. Stretch your spine.

**Step4**  
Exhale and bend forward. Try to touch your forehead to the ground and hold the posture.

**Step5**  
Inhale and come back. Your body should be straight.

**Step6**  
Exhale and stretch your spine straight.

**Step7**  
Release your left leg while inhaling and exhaling.

**Step8**  
Release your right leg while inhaling and exhaling. Come back to Sthiti (Dandasana) and relax.

### BENEFITS

- It strengthens and improves flexibility of the inner thighs, groin and knees.
- It improves blood circulation in the pelvic region.
- It tones the liver, bladder and Pancreas.



### PRECAUTIONS

- A person suffering from knee injury should avoid this posture.
- A person with high blood pressure or any cardiac problems should avoid this posture.
- A person with heart problem should avoid this posture.

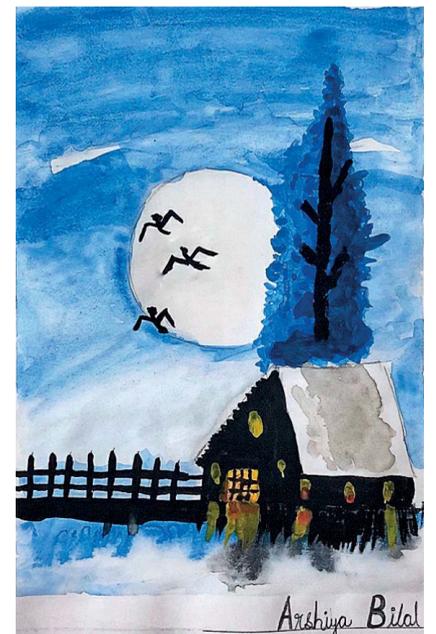
**THEJASWINI**, Teacher, National Public School, Bengaluru

"The views expressed in the above article are those of the author's and the newspaper takes no responsibility of it."

## Painters' Gallery



**BUTTERFLIES AND FLOWERS** : Anushka Krishan, class X, DPS EAST



**Arshiya Bilal, class IV, Greenfield Public School**



**SNOWY EVENING** : Nidhi KN, class VII, Sree Cauvery School, Indiranagar



**GOLDEN SUN** : Aarush Mahapatra, class III, Bethany High, Koramangala