



# THE TIMES OF INDIA

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TODAY'S EDITION

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Chelsea beat Manchester City to win the Champions League  
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STUDENT EDITION

MONDAY, MAY 31, 2021



WEB EDITION

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## TIMES NIE Answers Your Query

**Sanya Sinha,**  
class XII, Manav Rachna International School, Faridabad



ASK THE EXPERT  
**A SHOT OF HOPE**  
To ask queries regarding Covid-19 and vaccination from our experts,  
**CLICK HERE**  
OR VISIT  
<https://bit.ly/331Rx0n>

**Q** How can children deal with pandemic-related stress? Is there a helpline parents can call?  
Children facing Covid cases within their families are going through tremendous stress. The important tool to employ in such situations is to find a channel to vent out your feelings.

But with peers also facing similar traumas, it's not easy to find someone who can listen to you and understand you. So, talking to a helpline is a good way to get an objective listener who can help you. Try this helpline set up by Delhi Police - 9311551393.



**Devina Singh,**  
class XII, Shikshantar School, Gurgaon

**Q** Is it true that there is a major rise in depression since Covid 2nd wave?  
Covid-19 has led to an explosion of mental health issues, especially depression. Many, including kids and teens, are going through anxiety and depression. The reason for this among young adults is anticipation about their future. It is advised that there is timely recognition and treatment for the same.

EXPERT ADVICE GIVEN BY

**Dr Sanjay Chugh,**  
senior consultant neuro psychiatrist, Delhi



## EMILY BRONTË'S RARE HAND-WRITTEN POEMS UP FOR AUCTION SOON



A rare handwritten copy of Emily Brontë's poems, with corrections in pencil by her sister Charlotte Brontë, will soon be up for auction in July this year. The manuscript belonged to a library, which was thought to be lost for roughly a century, and it is a part of rare books, which will be auctioned soon, Sotheby's announced on May 25, 2021.

Emily Brontë's poetry collection was put together by Charlotte's widower Arthur Bell Nicholls, who later sold a majority of Brontë manuscripts to bibliophile and literary forger Thomas James Wise in 1895, reports The Guardian. The rare collection among other books were then acquired from Wise by collectors and brothers Alfred and William Law. The manuscripts were kept at Honresfield House, a library by the Law brothers. For roughly a century, the library was thought to be lost after the Law brothers' heir and nephew Alfred Law passed away in 1939

# WHY INFLATION RISK IS GROWING IN INDIA

## WHAT

According to a CRISIL research, the wholesale price index (WPI)-linked inflation went double-digit at 10.5% year-on-year in April 2021 (from 7.4 per cent in March), for the first time since 2010. Inflation refers to the rise in the prices of most goods and services of daily or common use, such as food, clothing, housing etc. It measures the average price change in a basket of commodities and services over time. Inflation is indicative of the decrease in the purchasing power of a unit of a country's currency.

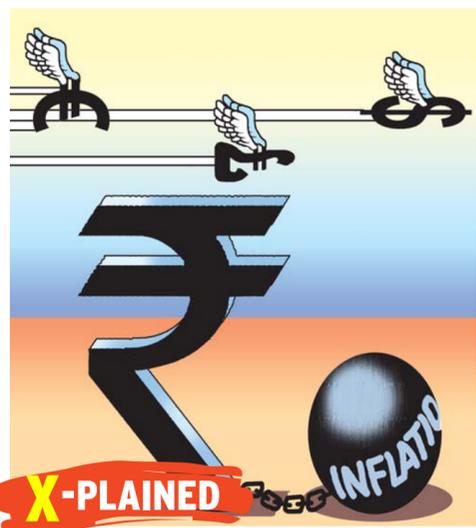
## WHY

**IS IT RISING:** The sharp rise in the commodity prices across the world is a major reason behind the inflation spike in India. This is increasing the import cost for some of the crucial consumables, pushing

inflation higher. For instance, the Brent crude prices crossed \$65 per barrel in May 2021, more than double of what it was a year ago. Similarly, the price of vegetable oils, a major import item, shot up 57% to reach a decadal high in April 2021. Metals prices are near the highest in 10 years and international freight costs are escalating.

## HOW

**MUCH CAN THE INFLATION RISE:** As per CRISIL estimates, inflation was likely to moderate to 5% this fiscal from 6.2% last fiscal. This was based on lower food inflation benefiting from the high base of last year and assuming a normal monsoon. However, upside inflation risks are growing. On top of the rising input prices, supply disruptions brought on by the second Covid wave in rural India are adding to inflationary pressure. These are the major reasons behind such change in projections.



## WHAT DOES THIS MEAN FOR THE ECONOMY AND STOCK MARKETS?

Controlling inflation is one of the most vital mandates of the Reserve Bank of India, and any unchecked rise can force the central bank to increase the interest rates, which have been at historic



low levels. It may also have to reconsider its accommodative stance. An increase in interest rates means sucking liquidity out of the system, the availability of which has been the chief driver of stock markets in the last one year. Rise in inflation will also lead to rise in bond yields, making government borrowing costlier.

## Facebook to take action against users repeatedly sharing misinformation

Social media giant Facebook has announced that it will take 'stronger' action against users repeatedly sharing content on its platform that fact-checkers have debunked. Currently users get notified when they share content that has been rated by a fact-checker, but as per Facebook, now these notifications have been redesigned and simplified for better understanding. "We are launching new ways to inform people if they're interacting with content that's been rated by a fact-checker as well as taking stronger action against people who repeatedly share misinformation on Facebook. Whether it's



false or misleading content about Covid-19 and vaccines, climate change, elections or other topics, we're making sure fewer people see misinformation on our apps," the social media giant said.

- Facebook will also reduce the distribution in the News Feed of posts from individual users, who have repeatedly shared false content by the company's fact-checking partners
- In addition, Facebook is

- launching a new tool that will let users know if they are interacting with content that has been rated by a fact-checker
- Furthermore, Facebook will now allow users on its platform as well as those on Instagram to

- hide their public 'like' counts as part of the company's efforts to give people control over their experience. Users will be able to hide 'like' counts on others' posts by visiting the new posts section in settings

## 1,500 sorties, 3,000 hours and 2 million kilometres

### FACTOID



That's the distance covered by the Indian Air Force (IAF) over the past one-and-a-half months in its Covid-19 mitigation

efforts, which is akin to going around the Earth 55 times. Bolstering India's fight against a devastating second wave of infections, the IAF's transport fleet has been making sorties round the clock, bringing in from abroad, and distributing at home critical aid, including life-saving medical equipment and oxygen cylinders, thanks to its massive logistical muscles. According to reports, IAF has brought in 120 oxygen containers from abroad, and over 685 tankers have been transported within the country

Prime Minister Narendra Modi lauded the frontline workers for their remarkable role in fighting Covid-19 in the 77th edition of the monthly radio programme, Mann Ki Baat, on Sunday. Modi spoke to IAF's Captain AK Patnaik, who has played a major role in the transportation of empty oxygen tankers, oxygen concentrators and cryogenic tankers from foreign countries.

## Second Covid-19 wave may leave a bigger dent on GDP: Report

India could be staring at a bigger economic toll due to the severe second wave of the pandemic than initially estimated, following stringent lockdowns imposed by states, according to research reports. Slow vaccinations and the uneven easing of curbs by states will likely weigh on the recovery.

- "Even as India's second Covid-19 wave starts to recede, the underlying economic toll now appears larger than we expected," Barclays said in a report. It expects a \$74 billion (₹ 5.4 lakh crore, 2.4% of GDP) hit on the economy in nominal terms, almost twice the \$38 billion (₹ 2.8 lakh crore) it had estimated earlier
- An SBI Research report, also released on Tuesday, said the loss in first quarter will be ₹ 6 lakh crore, up from ₹ 1.86 lakh crore estimated in an April 29 report



## Coronavirus engulfs the Everest amid rising number of climbers, raising fear of serious outbreak

At the foot of the world's highest mountain, cases of coronavirus are rising among expedition teams, as the infected spend their days in a tent isolated from others. Many are worried that this outbreak could put people's lives on the line. Many infected patients have flown out of the area and expeditions have been cancelled but Nepal has not acknowledged these cases, as the country heavily relies on its tourism industry. Breathing is already hard at such high altitudes, and symptoms of coronavirus are a big threat when attempting a climb. There has also been some reported lack of transparency when it comes to organisers of expeditions disclosing the number of positive cases.



## KNOW IT ALL

# Are you having too much of a good thing!

Experts share a few signs that indicate you could be overdoing healthy habits

**M**any of us worry about not drinking enough water, exercising enough or getting vitamins, but some-

times we can overdo it. Health experts give tips on how to know when you have gone too far.



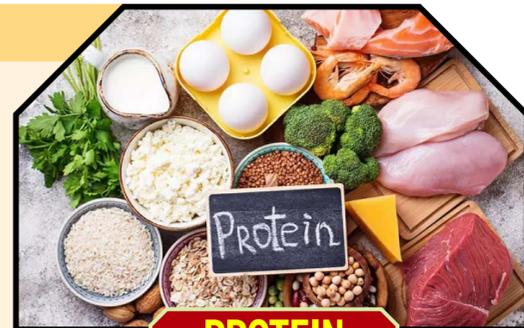
## WATER

**T**he idea that we need to be drinking eight glasses of water a day has led to many of us thinking we can't get enough. But drinking too much, aka water intoxication, can be fatal. "Too much can lead to a reduction of electrolytes such as sodium and potassium in our bloodstream. More than 2.5 litres a day is too much for most," says dietician Sophie Medlin.



## SLEEP

**G**etting enough sleep can feel like hunting for the Holy Grail, but surprisingly you can have too much. "Over-sleeping can be a risk to our health," says health expert Dr Tim Bond. Research shows people who sleep for nine to 11 hours a day are 21% more likely to become diabetic, 38% more likely to suffer from coronary heart disease and have an increased risk of death. Dr Bond says, "The 'right' amount of sleep will vary from person to person, but 7-8 hours should suffice."



## PROTEIN

**D**espite its health halo, excess protein will be used to provide energy and is stored as fat if we eat too much," says Sophie. "Protein contains exactly the same number of calories per gram as carbohydrate (4 kcal/g) so we can easily eat too much. It needs to be balanced in our diet, like all the other nutrients," she adds. The dietician informs that most people need 0.75g of protein per kilogram of their body weight a day.



## SUNSCREEN

**I**t is vitally important to wear sunscreen to prevent burning and skin cancer, but wearing it all day, every day, on any exposed skin is too much as it stops our bodies from absorbing vitamin D. Dr Ross Perry, cosmetic doctor, says, "To get your recommended amount of vitamin D, exposure to the sun on the arms and the legs for up to 20 minutes three or four times a week is important. However, you should always protect the face by wearing SPF 30 and above."

SOURCE: DAILY MIRROR

## WE ASK, YOU ANSWER

This week we asked our student reporters to opine on: Whether or not it is right for the Tokyo Olympics to happen in 2021. Here's what they had to say...

## Best to postpone

**I**t is understandable that the Japanese government has invested a lot in the Games and is considering holding them so as to not incur any further losses. However, it's a volatile situation and could trigger an influx of cases around the world and hence would not be a wise decision.

AMOGH TARUN, class X, Hyderabad Public School, Begumpet, Hyderabad



## Safeguard health first

**T**he Olympic games involves more than 14000 athletes, staff from around the globe. With the current situation of Covid-19, where almost every country is impacted, it makes sense to postpone the games to safeguard the health of the athletes as well as the international community. These athletes can become carriers of new and unknown variants and lead to rise in Covid cases.

NAOMI DEWICKA, class XII, DPS-RK Puram, Delhi



You can also participate... send us your comments on [toinie175@gmail.com](mailto:toinie175@gmail.com) or log in to [www.toistudent.com](http://www.toistudent.com) and post your comments

## Fresh juices for good



## SPINACH JUICE

**F**resh spinach juice is the best thing you can offer to your skin, as it is rich in vitamins A and C that are great to brighten the skin tone and enhance the complexion. It is also rich in antioxidants like vitamin E and manganese that keep out free radicals. **Recommended quantity: 1 glass per day**



## ORANGE JUICE

**T**his tangy tasty juice helps nourish all skin types, from oily to dry. The presence of citric acid in orange helps in the formation of elastin and collagen, which keeps the skin youthful and free from acne and blemishes.

**Recommended quantity: 2 glasses per day**



## ALOE VERA JUICE

**I**t is rich in minerals and nutrients that enhances the complexion. Aloe vera also contains compounds called gibberellins and auxin that helps in healing skin issues like dryness, acne, blemishes and even burn marks.

**Recommended quantity: 1 glass per day**



## AMLA JUICE

**A**ccording to skin experts, amla or gooseberry is rich in vitamin C, which aids collagen production and delays the ageing of skin. It is also effective against dark spots, wrinkles and fine lines.

**Recommended quantity: 1 glass per day**



## POMEGRANATE JUICE

**I**t is rich in vitamins C and K that renew cells of the skin and also helps in purifying blood. Drinking fresh pomegranate juice during summer keeps the skin hydrated, as the omega 3 fatty acids and punicic acid in it can help retain the moisture. **Recommended quantity: 2 glasses per day**

## SKIN

Having fruits and vegetables in the form of juice is highly beneficial for skin and is a great way of maintaining a healthy skin regime. Here are a few juices that can help you attain problem-free and glowing complexion



## Cycle your way to good health

**C**ycling is a great exercise as it increases heart rate and helps burn fat faster. Studies say that simply cycling at a moderate to fast speed for 30 minutes can help your body burn calories for a hour or so even after you stop. Here's more about other benefits too

➤ Having trouble falling asleep? Several studies reckon that cycling regularly improves your sleep. It's well known that lack of sleep can have a detrimental impact on your overall health, which is why if you suffer from insomnia especially, you should take up cycling. Cycling is said to aid falling asleep faster and also helps you sleep better. Give yourself a thorough workout with cycling, which also helps improve cardiovascular health.

➤ Cycling improves your stamina and your overall fitness levels. Some studies have stated that people who cycle 30 kms or more per week, have a lower risk of heart disease.

➤ Being a non-load-bearing exercise, cycling has a minimal risk of injury unless you lose your balance. So, pick up a cycle and stay fit as a fiddle.



Fitness fundas



## MIND TEASERS (MATHS QUIZ)

**Q.1)** The ratio of female to male shoppers at a department store has been found to be 10 to 9. If there were 1,188 male shoppers at the store one Saturday, how many shoppers

were there in all on that day?  
A. 1188 B. 13200  
C. 14388 D. 2508

**Q.2)** The square root of 0.09 is...  
A. 0.03 B. 0.3  
C. 0.003 D. 3.0

**Q.3)** In a mixture of 45 litres, the ratio of milk to

water is 13:2. How much water must be added to this mixture to make the ratio of milk to water as 3:1?  
A. 4 litres B. 7 litres  
C. 9 litres D. 2 litres

**Q.4)** Three pipes P, Q and R can fill a pool in 4, 8 and 12 hours respectively,

while another pipe S can alone empty it in 10 hours. Which of the following arrangements will fill the pool in the least possible time?  
A. P, Q and R opened the pipes together  
B. P and S opened the pipes together

C. P, R and S opened the pipes together  
D. Q, R and S opened the pipes together

**Q.5)** The base of an isosceles right triangle is 30cm. Its area is  
A. 225 cm<sup>2</sup> B. 255 cm<sup>2</sup>  
C. 300 cm<sup>2</sup> D. None

## ANSWERS

(1) C (2) B (3) B (4) C (5) A) 225 cm<sup>2</sup>