

THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION
WEDNESDAY, JUNE 2, 2021

WEB EDITION

CLICK HERE: PAGE 1 AND 2

CBSE CLASS XII BOARD EXAMS CANCELLED FOR THIS YEAR

The government on Tuesday decided to cancel the CBSE class XII Board exams amid the continuing Covid-19 pandemic across the country, with Prime Minister Narendra Modi asserting that the decision has been taken in the interest of students, and the anxiety among the students, parents and teachers must be put to an end. The decision was taken at a high-level meeting chaired by Modi in which it was decided that the CBSE will take steps to compile the results of class XII students as per a well-defined objective criteria in a time-bound manner. With the decision coming amid a high caseload of Covid-19 cases in several states and continuing health-related apprehensions about the future, Modi said the health and safety of students are of utmost importance, and there would be no compromise on this aspect. Referring to the wide consultative process, Modi expressed appreciation that a student-friendly decision has been reached after consulting all the stakeholders from across the length and breadth of the country. Agencies



Students would be evaluated based on an objective criteria, which would be announced at a later date. As for the students who wish to appear for the examination, CBSE would conduct the exams for all such students at a later date when the situation is conducive, government said.

STUDENTS POLITICIANS WELCOME THE DECISION

The announcement comes as a huge relief to lakhs of students, who have been rallying the government requesting the same. Political leaders, including Delhi CM Arvind Kejriwal and Omar Abdullah welcomed the decision. Taking to twitter, Kejriwal said, "I am glad XIIth exams have been cancelled. All of us were very worried about the health of our children. A big relief"

WORLD ENVIRONMENT DAY SPECIAL



We do not inherit the earth from our ancestors, we borrow it from our children.
Native American Proverb

With children coming to the forefront of environment activism and debate, this WORLD ENVIRONMENT DAY (June 5), we have a SPECIAL EDITION for you that is all green - in spirit at least. You get plenty of greenspiration from students doing their bit, books, movies and documentaries, trivia, eco warriors, reasons to be hopeful, and how you too can make a difference. Get ready to go green.

I TOO AM AN ECO WARRIOR

Students tell you their little green deeds that can make a big difference

HOLD ON TO HOPE

Even as the news cycle doesn't bode well for Mother Earth, we tell you news that gives you reason to be positive

HERE COME THE PLANETEERS

Famous eco warriors - past and present. Read up to get inspired HOW CAN I HELP Online campaigns, petitions, initiatives, channels to follow that can help you do your bit for the world, even while sitting at home

MY GREEN READS

You recco, we read. Share your green reads with us... Also want to green your reading routine, we tell you how... Green sports personalities, inspiring celebs, lots of trivia and MORE

GET READY TO GO GREEN

WHERE DOES 99% OF OCEANS' PLASTIC GO?

Deo Florence Onda, a Filipino microbial oceanographer, recently made the first-ever journey to the third deepest ocean trench on the Earth-The Emden Trench. He was surprised to discover plastic during his exploration. Along with Victor Vescova, an American explorer, they reportedly explored the trench over a 12-hour period and were surprised to find plastic all over. Here's how plastics are getting deposited...



1 THE SEAFLOOR SEDIMENT SAMPLE: According to experts, garbage may be depositing in seafloors. If reports are to go by, the sediment sample was taken from Santa Barbara Basin, California, in a box core markings representing the years 1834-2009. The plastic deposition in the sample doubled in volume every 15 years between 1945-2009.

2 IN TOO DEEP? Recently a plastic bag was found 2,500m below the surface of the Arctic Ocean. Similarly, Onda and Victor found plastics, pants, shirts, a teddy bear, and packaging items in the Emden Trench. An examination by researchers revealed that in future more plastic waste will accumulate in deep sea canyons than in open-slope environments

3 Microplastics have become part of our geologic record and food web, as they have been found in placenta of unborn babies; guts of marine animals; dust particles in the air, and drinking water

According to a study, approximately 8 million metric tons of plastic enter the ocean from land every year. Plastic bags have an average 'life' of 15 minutes before it becomes waste, but it takes 1,000 years to decompose



No vaccine for climate change: Doctors urge global action against climate-linked health risks



Hundreds of health workers marched to the World Health Organisation on Saturday demanding that authorities in all countries recognise and act to counter the health risks of climate change. Signed by more than 1,100 health professionals from around the world, the text slammed the "inertia, inaction and the abyssal distance between speeches and actions". It demanded that health authorities in every country, who are currently taking part virtually in the main annual meeting of the WHO member states, "publicly state that climate change is putting people at risk of death, and act now to preserve life."

"Year after year, declaration after declaration, multilateral institutions - including WHO - have warned us: climate change and the loss of biodiversity endanger human health worldwide," the petition said. Health workers worldwide are already "confronted

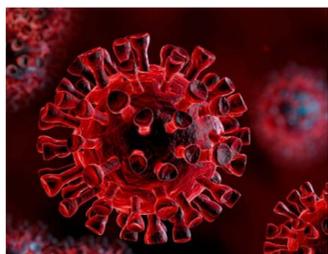
every day with the consequences of environmental deterioration on our patients and communities," they said. "The list of ailments they suffer from is getting longer every day. "We are seeing more and more respiratory and cardiovascular diseases due to polluted air, loss of working days and deaths due to heat waves, over- and undernutrition due to lack of quality food, and diarrhoea and intoxications due to polluted drinking water

To make the point, the petition came in an envelope decorated with a drawing of a healthy human at 37 degrees Celsius (98.6 Fahrenheit), then "sick" if two degrees were added, in "mortal danger" at +4C and at +5C, "too late", followed by the words: "Same with the planet"

Environment

Covid-19 has no credible natural ancestor, was created by Chinese scientists in Wuhan lab: New study

A new study has claimed that Covid-19 has no credible natural ancestor, and was created by Chinese scientists in a Wuhan lab, who tried to cover their tracks by reverse-engineering versions of the virus to make it look like it evolved naturally. British Professor Angus Dalglish and Norwegian scientist Birger Sørensen, wrote in their paper that they have prima facie evidence that China retro-engineered the virus. However, their study was ignored by academics and scientific journals. The study accuses China of deliberate destruction, concealing data, and says that scientists who talked about the unnatural origin of the virus were silenced.



According to a report by Daily Mail, Dalglish and Sørensen discovered 'unique fingerprints' in the virus while analysing Covid-19 samples last year, while they were trying to create a vaccine. The study claimed that Chinese scientists applied a natural coronavirus backbone found in

bats and added a new spike protein which transformed it into a deadly, highly transmissible SARS-CoV-2. In the 2002 SARS1 epidemic, a bat virus had spread first to civets and from them to people. A similar bat virus also caused a second epidemic of MERS in 2012. Human H1N1 virus -- the same flu that caused the 1918 pandemic, leaked in 1977 in the Soviet Union and China and spread worldwide

Earlier, top US infectious disease expert Anthony Fauci said he is "not convinced" Covid-19 developed naturally

Fauci said, he was in favour of an investigation to find the origin of Covid-19



RE imagine, create, store

Covid-19 Pandemic situation has pushed us to rethink our responsibilities towards the environment and our well-being with an urgency. As the world celebrates World Environment Day 2021 with the mantra, 'Reimagine, Recreate and Restore,' we invite you to click here and bring a change with Toistudent.com

ReImagine

'Reimagine 2030 with The Use Of Clean Energy'. Write, Paint or Make a video. Log onto the Your Corner and Hall Of Fame section of the website and send in your entries

ReStore

Take the reins in your hand and restore the ecosystem of your choice. PICK ONE FROM Forests Rivers and lakes Oceans and coasts Towns and cities Mountains Share your ideas on how would you want to restore the balance

ReCreate

Recreating from waste has been a big theme during the pandemic. Tell us how have you been reusing from the waste- whether it's making plant pots from plastic bottles or compost for your terrace garden

SEND IN YOUR ENTRIES BY JUNE 4 AT TOINIE175@GMAIL.COM AND TIMESNIE175@GMAIL.COM WITH YOUR NAME, CLASS, AND SCHOOL

REVELATION

Can food improve mood?

As people across the globe grappled with higher levels of stress, depression and anxiety this past year, many turned to their comfort foods – ice cream, pastries, pizza and so on. But studies in recent years suggest that the sugar-laden and high-fat foods we often crave when we are stressed or depressed, as comforting as they may seem, are the least likely to benefit our mental health. Instead, whole foods such as vegetables, fruit, fish, eggs, nuts and seeds, beans and legumes and fermented foods like yogurt may be a better bet.

Over the years, a growing body of research has provided intriguing hints about the ways in which foods may affect our moods. A healthy diet promotes a healthy gut, which communicates with the brain through what is known as the gut-brain axis. Microbes in the gut produce neurotransmitters like serotonin and dopamine, which regulate our mood and emotions, and the gut microbiome has been implicated in mental health outcomes. "A growing body of literature shows that the gut microbiome plays a shaping

role in a variety of psychiatric disorders, including major depressive disorder," a team of scientists wrote in the 'Harvard Review of Psychiatry' last year. Large observational studies, however, can show only correlations, not causation, which raises the question – which comes first? Do anxiety and depression drive people to choose unhealthy foods or vice versa. Are people who are happy or optimistic more motivated to consume nutritious foods? Or does a healthy diet directly brighten their moods?



NEW YORK TIMES

tête-à-tête

with environment editor

on June 5

Have a Big E-idea on how you can make a difference this Environment Day? Tell us and you could feature in a live interview with our editor!

Send your entries at: toinie175@gmail.com; timesnie175@gmail.com

Send in a short write-up of about **100 words** on what your idea is – your strategy to tackle environment-related issues. Do mention your contribution towards ensuring a green, clean and free environment.

HOW TO PARTICIPATE
Clearly mention your name, class, school, city along with your valid email id to connect for the interview.

Selected candidates get to feature in the special live interaction on **June 5** through a zoom call.

REMEMBER
1. Last date for entries: **June 4 before 2 pm.**
2. Only those students should participate who are free for a short interaction on **Saturday, June 5.**

For more on this, visit us at www.toistudent.com



WELLNESS

RITUALS FOR HEALTHY summer skin

To keep your skin healthy, cool and fresh in peak summer months, follow these tips by cosmetic dermatologist **Dr Jaishree Sharad**

SAY HELLO TO ALOE WITH SPF 15

Use a face and body lotion with 100% natural aloe vera extracts coupled with SPF 15 to take care of your summer skincare woes. Pure aloe extracts soothes and hydrates skin and a cream that contains it along with SPF will protect your skin from sun damage. Read the label and go for it.

OPT FOR NON-GREASY SKINCARE PRODUCTS

Choose lightweight skincare products to let your skin breathe in warm summer months when heat and humidity produces more oil and leads to break-outs. A gentle and non-greasy moisturiser keeps the skin hydrated and supple without clogging the pores or making the skin feel heavy.

MAKE CTM YOUR SKINCARE MANTRA

For beautiful hydrated skin, opt for the easy three fold method: cleansing, toning and moisturising. Choose a suitable face wash to cleanse your skin of dirt and pollution. Toning with a non-alcoholic gentle toner helps in getting rid of oil, dirt, and closes open pores. Moisturising with a moisturiser or face cream appropriate for your skin type reinfuses any lost moisture from the upper layers of the skin. Use products based on your skin type i.e. oily, dry, combination skin or sensitive skin type.

DIY WITH ALOE VERA

As the stay-at-home life continues, what better than to add some spice with DIY face and hair masks to pamper yourself amidst the lockdown? You can use aloe vera as the hero ingredient and create a quick face mask to soothe your skin or a hair mask to keep the frizzy hair at bay. It will help deal with irritation of the skin and give instant relief from heat. Aloe vera has the properties to repair and recover your skin from sunburn, acne and dark spots.

FIGHT FAKE NEWS

Can you get Black Fungus from onions and fridge?

Myth busted!

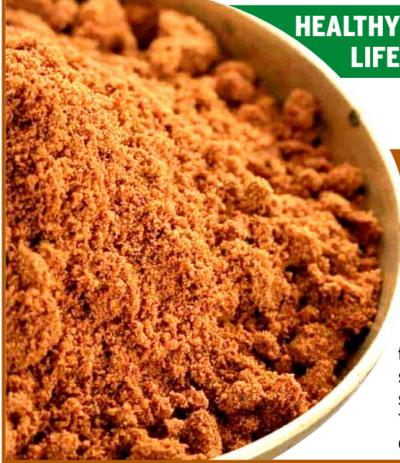
THE TRUTH

MYTH
A post on Facebook says, "Beware while buying onions from the market and storing them in the refrigerator. The black grime or fungus often seen on the outer shell of the onions is toxic black fungus that causes mucormycosis." The viral claim further mentions that if people are not careful, the black grime can spread if used while cooking curries or stored in the refrigerator's cool settings. The writers of the post also claim that the black mould can collect on the refrigerator surfaces and cause more harm to health!

Not only is this onion and refrigerator claim completely untrue and ridiculous, but the mode of transmission for black fungus also isn't through mere objects, or in this case, fruits or vegetables. Here's the truth

THE TRUTH
The fungi which forms inside the refrigerator and the fungal grime present on onion shells are completely different from the black fungus infection (that is happening with some patients suffering from Covid-19). As per health experts, the moulds that grow inside a refrigerator may be caused by some forms of bacteria, yeast. While they can cause contamination, they showcase non-specific symptoms and certainly not black fungus. The fungus, meanwhile, found on the onion shells is the result of a common fungus found in the soil. While it is pertinent that all vegetables be thoroughly washed before use, the fungus found on onions is rarely infectious.

Don't fall for social media forwards that mention outlandish things about Covid-19 and other diseases too. It adds to paranoia and leads to stress



HEALTHY LIFE

7 ingredient spice powder for boosting immunity

Once again everyone is stressing on consuming everything that can boost the immune system. If you are also looking for an effective immunity booster to protect your body from Covid-19, you need to consume one teaspoon of this spice mix powder along with lukewarm water before going to bed every day. Here's all about it

To make this easy spice mix powder, you need 1/2 tsp turmeric powder, 1/2 tsp fennel seeds, 1/2 tsp cumin seeds, 1/2 tsp carom seeds, 2 cloves, 1/2 tsp coriander seeds, and 1/2 tsp ginger powder. Take a pan, add fennel seeds, cumin seeds, carom seeds,

HOW TO MAKE

coriander seeds, and cloves to it. Roast these for around 10 minutes and let them cool. Grind them to a fine powder and add turmeric powder and ginger powder to it. Your home-made immunity-boosting powder is ready. Store it in an airtight jar.

BENEFITS OF SPICE POWDER

According to experts, this spice powder is effective in fighting bacteria causing illnesses and also boosts the functioning of the digestive system. While carom, cumin and fennel are great for the gut, turmeric and ginger powder are rich in

antioxidants that can help fight against infection and boost the immune system. Also, use of cloves works as a protective shield for the liver as it is rich in eugenol that prevents the weakening of liver and oxidative stress. Include it in your lifestyle to stay healthy.