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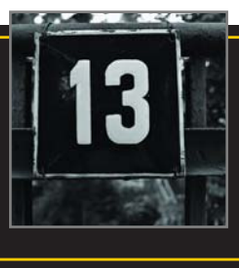
STUDENT EDITION

THURSDAY, AUGUST 5, 2021

TIMES nie Newspaper in Education

TODAY'S EDITION

➤ Do you have a number 13 phobia? Learn more about it as we decode all about it
PAGE 2



➤ Check out some home projects that will help you relax between your online classes
PAGE 3

➤ Catch all the action from Tokyo. Check out the overall medals' tally and how India is faring in Olympics 2020
PAGE 4

CLICK HERE: PAGE 1 AND 2

"Accha to nahi lag raha hai. I worked hard for a gold medal so it is a bit disappointing. I always wanted to compete in the Olympics and win a medal. I am glad that I got a medal but I could have got more. I have worked for eight years for this medal. I have stayed away from home, not been with my family, not eaten what I would have like to, but I don't think one should do this. I will take a break of one month or more may be. I have never gone for a holiday ever since I took up boxing, I haven't decided where I will but I will definitely take a holiday"
Lovlina Borgohain, after the win

Boxer Lovlina Borgohain BAGS BRONZE

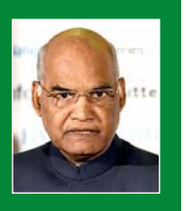
Boxer Lovlina Borgohain became the third Indian athlete at the Tokyo Olympics after weightlifter Mirabai Chanu and shuttler PV Sindhu to clinch a medal, a bronze, after she lost her welterweight semifinal bout to Turkey's Busenaz Surmeneli at the Ryogoku Kokugikan Arena on Wednesday.

India have now bettered the 2016 Rio Olympic Games tally by clinching a silver and two bronze medals in Tokyo

TOKYO TALES

- Lovlina became the third boxer to win a medal at the Olympics for India after Vijender Singh and MC Mary Kom's bronze at the 2008 and 2012 Olympics respectively
- The youngster, who started out as a Muay Thai practitioner, took to boxing in 2012
- She is already a two-time world championships bronze-medalist

CONGRATULATIONS GALORE



■ With your hard work and dogged determination, you have done the nation proud. Your Bronze medal in boxing at the Olympics Games will inspire the youth, especially young women, to battle with challenges and turn their dreams into reality
Ram Nath Kovind, President

■ Well fought @LovlinaBorgohai! Your success in the boxing ring inspires several Indians. Your tenacity and determination are admirable. Congratulations on winning the Bronze. Best wishes for her future endeavours. #Tokyo2020
Narendra Modi, PM

■ To achieve a milestone of such difficulty, while making your debut at the grandest sporting event in the world, is nothing short of incredible.
Abhinav Bindra, shooter

INDIA @ TOKYO

India lose 1-2 against Argentina in women's hockey semis; to play for Bronze

JAVELIN THROWER NEERAJ CHOPRA BOOKS A SLOT IN THE FINAL
Star Indian javelin thrower Neeraj Chopra raised India's hopes of a track and field medal after sealing a top place from his group

WRESTLER RAVI KUMAR DAHIYA (57KG) ENTERS FINAL
Grappler Ravi Kumar Dahiya assured India of at least a silver medal when he stormed into the men's 57kg freestyle final with a 'victory by fall' over Kazakhstan's Nurislam Sanayev

IN OTHER NEWS

NOW, A NO-PATROL ZONE AT GOGRA-HOT SPRINGS

India and China have agreed to establish over the next few days a no-patrolling or buffer zone at one of the friction points in the Gogra-Hot Springs-Kongka La sector in eastern Ladakh. The "in-principle agreement" for the phased disengagement of troops and physical verification at Patrolling Point-17A was reached during the 12th round of corps commander-level talks held last Saturday and has been cleared by two governments. The proposed buffer zone at PP-17A will be similar to that established in the Galwan Valley. The buffer zone at Galwan Valley included 1.4km of Indian territory.

CLIMATE CHANGE COULD DEVASTATE EMPEROR PENGUINS

Climate change is threatening emperor penguins with extinction in much of their range, US wildlife officials have warned. The penguins live much of the year on Antarctic sea ice, which is disappearing or breaking apart because of the heat-trapping gases released by humans' use of fossil fuels. The penguins need the ice to breed, raise their young and escape predators.

The tallest of all the penguins, emperors stand almost 4 feet. After laying a single egg, females go off to hunt, and males nurture the egg by holding it on their feet and covering it in a feathered pouch. After it hatches, the parents take turns caring for their offspring. If the sea ice disappears before the young penguins exchange their fluffy baby feathers for sleek adult ones, they cannot swim in the frigid waters and will die

CAMILA CABELLO'S 'CINDERELLA' IS A FEMINIST RE-TELLING OF A CLASSIC

The trailer of actress Camila Cabello's upcoming film 'Cinderella', which was released on Tuesday, has a contemporary twist, with the protagonist aiming to be independent and ambitious. The film shows Camila as Cinderella, who is a talented designer and wants to start her own business of making dresses.

WhatsApp rolls out disappearing photos & videos feature to take on Snapchat

Users of Facebook Inc's WhatsApp can now send disappearing photos and videos on its platform starting this week, as it looks to better compete with Snap Inc's photo messaging app Snapchat. The feature, called View Once, will let photos and videos disappear from the chat after they have been seen, Facebook said. Once the media content has been viewed, the message will be shown as "opened."

Snapchat, known for its Stories feature that lets users post updates that disappear after 24 hours, has grown in popularity last year, as pandemic-induced curbs kept users at home. The company has also been adding new features on its messaging app to attract more users

TECHAWAY

YOUNG ACHIEVER

MEET BRIGITTE XIE, THE 4-YR-OLD PIANO PRODIGY SET TO PERFORM AT CARNEGIE HALL

Brigitte Xie, from Connecticut, reads music, can play Beethoven's Sonatina in F Major, and has won a spot to perform at Carnegie Hall. She is 4 years old. Brigitte's feet dangle above the ground when the petite girl sits on the piano bench, her hands moving gracefully across the keyboard. Brigitte's father, Tao Xie of Ridgefield, Connecticut, signed her up for piano lessons on Zoom about a year ago to give her something to do during Covid-19 lockdown. "At the beginning, I never expected that she's going to be a prodigy or anything," he said. "But yeah, it turns out it's amazing."

Brigitte was the youngest winner of the prestigious Elite International Music Competition, which earned her a spot at the Carnegie Hall. She was supposed to play at Carnegie Hall as part of the American Protege International Music Talent Competition in November 2020.

KALONJI

MAY HELP IN TREATMENT FOR COVID-19 INFECTION: STUDY

Health

Australian researchers have found that the seeds of the plant, Nigella sativa, better known as Kalonji, could be utilised in the treatment of Covid-19 infection. The flowering plant, native to north Africa and western Asia, has been used for centuries as a traditional remedy for multiple medical conditions, including inflammation and infections. A team from the University of Technology in Sydney found that an active ingredient of Nigella sativa can prevent the SARS-CoV-2, the virus leading to Covid-19, from causing a lung infection. "There is growing evidence from modelling studies that thymoquinone, an active ingredient of Nigella sativa, more commonly known as the fennel flower, can stick to the Covid-19 virus spike protein and stop the virus from causing a lung infection," said lead author Kaneez Fatima Shad, Professor at the varsity. "It may also block the 'cytokine' storm that affects seriously ill patients who are hospitalised with Covid-19," Shad added.

■ Nigella sativa has been shown to be helpful in treating high blood pressure, high cholesterol and diabetes mellitus. As an anti-inflammatory treatment, it has also been found to help patients with allergic rhinitis and sinusitis, eczema, osteoarthritis and childhood epilepsy
■ It has also been proven to be effective in a laboratory environment in killing bacteria such as staphylococcus aureus that can cause a range of mild to severe infections if they enter the skin, and viruses including influenza

Music Consumption Patterns AMONG YOUNG ADULTS

The love for music rages high in teenagers, who, because of their high levels of exposure, keep on discovering new music, which they stream on different platforms. It is essential for music-streaming companies to assess how people generally behave in the process of listening and discovering music today, so that more customers can be attracted to their platform. After conducting a survey of over a hundred young adults on their music consumption patterns, I learned of some basic trends as outlined below.

Out of the one hundred ten people surveyed, 46 per cent lie between the age of 16 to 18, 37 per cent between the age of 10 to 13, 17 per cent are 18+, and none between the age of 10 to 13. The most popular genre of music streamed

among all the respondents is English Pop, and 70 per cent of the respondents prefer more than one genre of music.

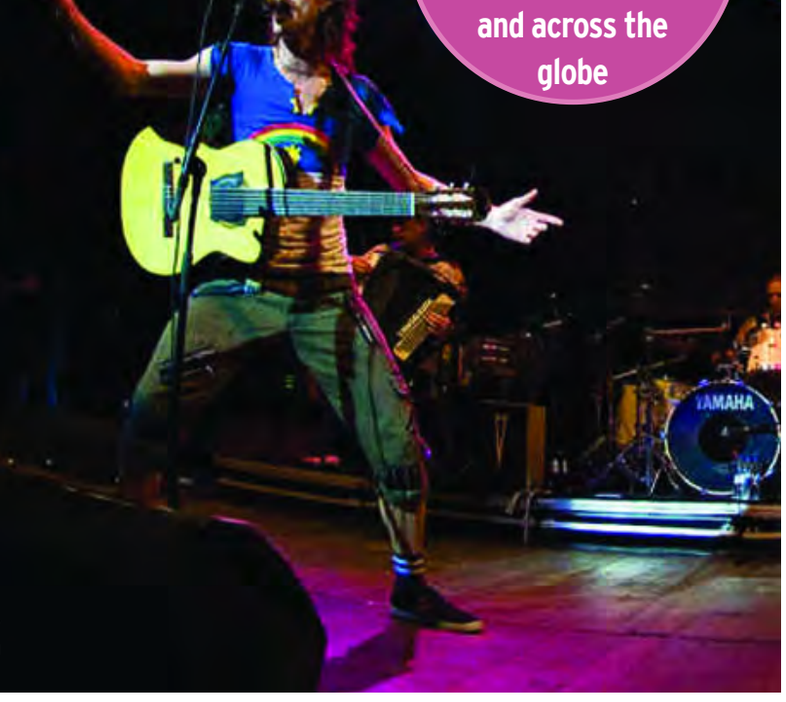
The most popular music-streaming online applications are Spotify and Apple Music, with YouTube being the occasional pick for some of the respondents. The explanation for this is that 77 per cent of the respondents listen to music in the background, which leaves only 23 per cent who take out time to virtually listen to music on video-streaming platforms.

Domestic music-streaming websites such as Gaana and Saavn are preferred by only 2 per cent of the total respondents, which leads to the inference that young adults (which make up most of the total sample) have a preference for applications that have been widely endorsed by social media.

Listeners from Western countries have shown to have a preference particularly for Spotify, which has been resonated by the young population of India due to the desire to conform to the latest trends. All respondents remain open to suggestions of music by friends, social media, and music-streaming applications. Some online applications, with their special features that organise playlists based on the user's listening history, are often the source of new music knowledge.

Trendy, up-to-date music can be found on these platforms, hence deeming them as the most popular source of music suggestions for users. Based on the survey, and personal experience, it can be concluded that music enthusiasts appreciate innovation, particularly personalised features that allow them to design their own playlists on the application. With a wide variety of songs available, along with unique additions such as lyrics and app-designed playlists, Spotify has topped the music-streaming charts among young people. With its aggressive advertisements for updating to a paid premium version, this application continues to be very popular among teenagers not just in India, but around the globe.

By **MYRA ALAWADHI**, class XII,
The Shri Ram School, Moulsari, Gurgaon



SPOTIFY has topped the music-streaming charts among young people in India and across the globe

GOOD FOOD

Healthy dishes for dinner

Whether you are trying to shed kilos or just eat healthy, your evening meal should be lighter than the rest of your day. Add veggies, spices and healthy fat to your dinner to enhance the taste and make it more nutritious. Here are some healthy dishes you can have for dinner

Millet bowls

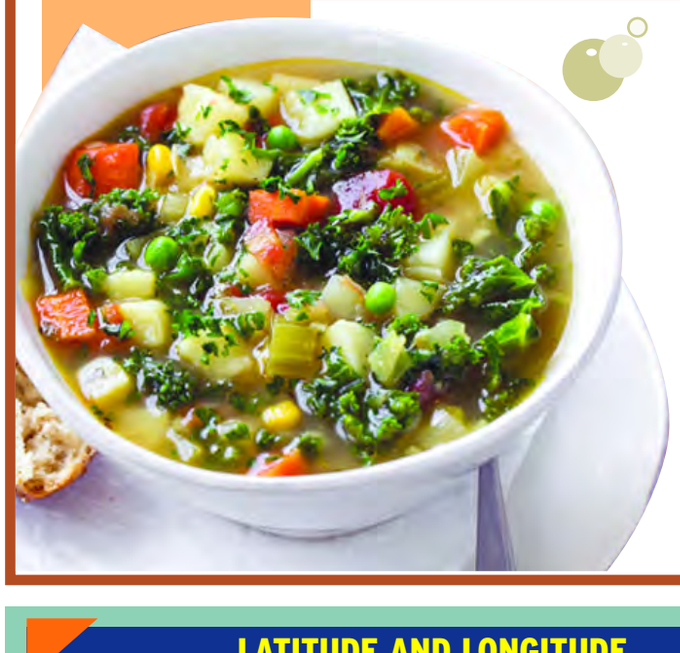
A millet bowl is one of the simplest meals you can put together for yourself. Millets are gluten-free and nutritious: amaranth, buckwheat, jowar, pearl millet and sorghum are some millets that are easy to make and can be paired with veggies. Millets are high in fibre, protein and vitamins; it is also easy to digest. Add spinach, carrot, beans, onions and some spices to enhance the taste of millets.

VEGETABLE SOUP

A bowl of piping hot soup is satiating and super healthy. It provides you with all the essential nutrients required by the body to function properly. Add fresh and seasonal veggies to your soup. Avoid creamy soups if you are looking at maintaining your weight.

Dinner salad

Who said salads are only for lunch or snack time. Just place some veggies, leafy greens and nuts together. Make a dressing with lemon juice, olive oil, spices and mix well and your salad bowl is ready. Go for dressing with oils such as olive oil, mustard oil, etc. Say no to creamy dressings made with mayo and sugar.



Oats idlis

Idli, the south Indian delicacy, is another great dinner option. Traditional idlis are made of rice or rava, if you want to make it more healthy, then try oats flour. Oats is rich in fibre and essential micronutrients that helps you stay full for a long time. You can pair idlis with a bowl of sambar or coconut chutney.

TNN

RECIPE

Healthful Plum Shake

If you want to make a beverage that is as nutritious as it is delicious, try this recipe. From kids to grandparents, this plum shake will be loved by all

INGREDIENTS

- 5 plums
- 2 tablespoon honey
- 3/4 cup milk
- 1 teaspoon chia seeds

HOW TO MAKE

Step 1: **Chop plums**
Wash the plums properly and chop them. Collect the pulp into a bowl.

Step 2: **Blend the ingredients**
Add milk, chia seeds, honey and milk to a bowl. Blend the ingredients well to prepare a smooth mixture.

Step 3: **Pour and serve**
Pour the shake into a glass and serve chilled. You can also add some crushed ice to your shake.

REVELATION

Are you scared of

This number makes many jittery because of its bad luck association so much so that Apple's next iPhone, rumoured to be called iPhone 13, makes iPhone users sceptical about whether they would want to buy it. What is about this number that makes us fearful and how did it begin? Let's find out

Writer Stephen King suffers from 'Triskaidekaphobia'. He gets nervous on the 13th step/floor. "It's neurotic, sure. But it's also safer," he said in 1984

Buyers vary of no 13 phone!

A survey conducted by trade-in site SellCell found that 74 per cent of those polled think Apple should choose a different name. Almost one-fifth (18.3 per cent) of respondents said they would refuse to buy the product if 13 is in its name. The common enough superstition was more prevalent among men.

Where did it come from?

Some anthropologists believe this fear finds its origins from the 'Last Supper' where 13 guests sat next to Jesus and the fact that his crucifixion was on a Friday. Though 13 isn't unlucky in Hinduism (the 13th day is called Trayodashi and is actually auspicious), the fear has seeped in from the West, with movie franchises probably contributing to it. Others say it's just another way of externalising blame when things don't go our way.

'Friday the 13th', released in 1980, introduced the world to a mask-wearing killer named Jason, and is perhaps the best-known example of the number 13 phobia in pop culture

The phobia about 13 is called...

'Triskaidekaphobia'. Those with this phobia associate the number with bad luck or danger as a result of age-old superstitions that exist in a variety of societies.

Friday 13th phobia!

An associated fear is called the even more unpronounceable 'Paraskevidekatriaphobia', which refers to a phobia of Friday the 13th. Millions of Americans suffer from this fear, Saybrook University Psychology professor Stanley Krippner told 'Time' magazine.

High rise to hotels, they all stay away

- This fear is the reason why many high-rise buildings and apartment complexes in India and abroad don't have a 13th floor. The two largest elevator makers, Otis and Kone, say they give customers the option to have a 13th floor or not
- Many airlines also don't have a 13th row in their aircrafts. These include Lufthansa, Air France, Emirates and Cathay Pacific, among others
- The Kerala high court did not have a 13th courtroom, opting for 12 A instead, till the Supreme Court intervened saying legal institutions should not encourage such superstitions

So, where does that leave Apple?

- This fear is not something that Apple will necessarily take into account. For one, different numbers are considered unlucky in different cultures. In Japan, nine is unlucky, while in China, it's four.
- If they were to go for a different name, there are options. iPhone 12s is one of the likely candidates.

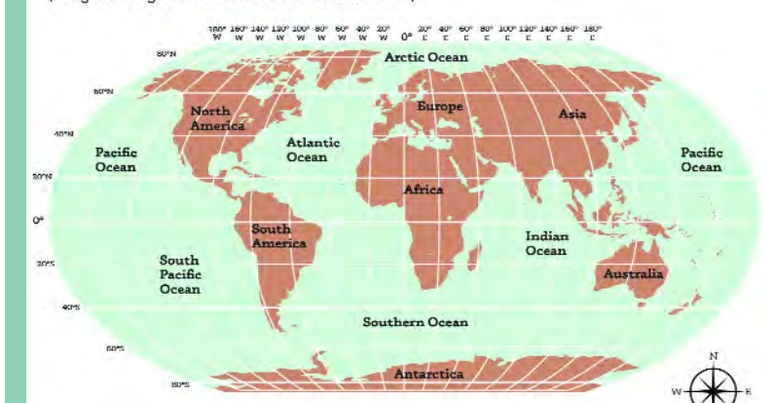
SOURCES: TIME, MACWORLD, WALL STREET JOURNAL, SIMPLEFLYING.COM

LATITUDE AND LONGITUDE

What are latitude and longitude, and how do you use them?

Latitude: lines that run in an east to west direction across the Earth. (Latitude degrees are measured as north and south.)

Longitude: lines that run in a north to south direction across the Earth. (Longitude degrees are measured as east and west.)

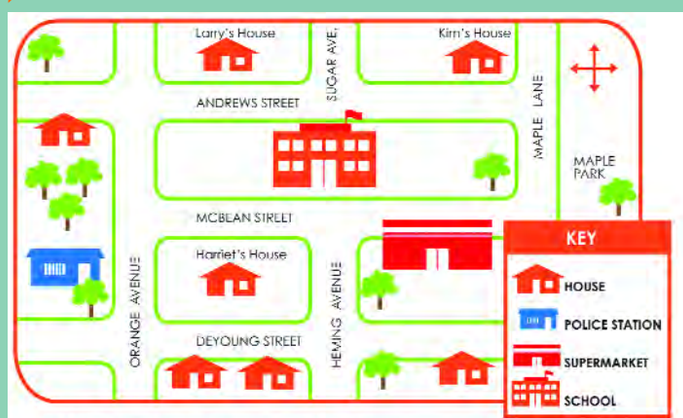


Directions: Use the map to answer the questions below.

Example: What continent is at 20° south and 20° east? Africa

1. What continent is 40° north and 20° east? _____
2. What ocean is found at 20° south and 100° east? _____
3. What continent is at 20° south and 120° east? _____
4. What ocean is at 40° south and 160° west? _____
5. What continent is at 40° north and 100° east? _____

TOWN MAP



LABEL the compass rose with N, S, E, W.

Write NORTH, SOUTH, EAST OR WEST to complete each sentence.

1. Harriet heads _____ to go to school.
2. Larry goes _____ to go to Harriet's house.
3. Kim heads _____ to go to the supermarket.
4. A police officer would go _____ to the supermarket.
5. Kids at school head _____ to play at the park.
6. Harriet's dad is a police officer. He heads _____ to work.
7. Larry heads _____ to go to school.
8. Kim heads _____ to visit Larry.