



# THE TIMES OF INDIA

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**TODAY'S EDITION**

➤ Learn more about the history of Afghanistan and the country's present scenario after Taliban takeover  
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➤ Another bumpy and surreal back-to-school season is upon us. Read what educationists and students have to say  
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➤ US Open: World No 1 Ash Barty loses in the third round  
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**STUDENT EDITION**

MONDAY, SEPTEMBER 6, 2021



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## Let's make virtual classes more vibrant: Sudha Murthy

**A**uthor and chairperson of Infosys Foundation, Sudha Murthy, feels that the online classes being held by schools owing to the pandemic need an overhaul in order to make them more interesting, and children more receptive. "What we are witnessing right now is just a 'translation' of a physical classroom into a virtual one, something, which is not working at all. We need to improvise and use our imagination to ensure that children receive what is being taught and do not get bored," she said.



Remember, obtaining high grades is not the only condition to succeed in life. What makes a person truly successful is an enormous amount of patience and adjustment. It is also about how good a team player he/she is

### ON THE RAT RACE TO SCORE A PERFECT 10

It's unfortunate that most of the educational institutions are just focussing on grades and ranks. Besides, parental pressure on children to aim for courses, which they (parents) could not take up, stunts the

overall growth of young minds. Those who draft the syllabus need to understand the importance of creative classes and soft skills where the real potential of children can emerge. Parents must stop wanting to complete their dreams through children

### ON AUDIO BOOKS

I belong to a generation that enjoys holding a physical copy of the book and reading, but considering the changing times, such platforms may introduce children to the magical world of stories

SHARE YOUR VIEWS AT [TOINIE175@GMAIL.COM](mailto:TOINIE175@GMAIL.COM)

## MISSION MARS

### Will it be safe for humans to fly to the Red planet?



**F**indings of a recent study suggests that humans should be able to safely travel to and from Mars, provided that the spacecraft has sufficient shielding and the round trip is shorter than approximately four years. Sending human travellers to Mars would require scientists and engineers to overcome a range of technological and safety obstacles. Here's some of them...

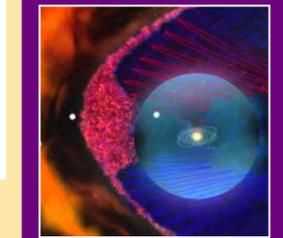


**1** According to scientists, particle radiation from the sun, distant stars and galaxies will be the greatest obstacle

**2** Experts say, the timing of a human mission to Mars would indeed make a difference: The scientists determined

that the best time for a flight to leave Earth would be when solar activity is at its peak, known as the solar maximum

**3** Scientists' calculations demonstrate that it would be possible to shield a Mars-bound spacecraft from energetic particles from the sun because during solar maximum, the most dangerous and energetic particles from distant galaxies are deflected by the enhanced solar activity



■ The two main types of hazardous radiation in space are solar energetic particles and galactic cosmic rays; the intensity of each depends on solar activity

■ Galactic cosmic ray activity is lowest within the six to 12 months after the peak of solar activity, while solar energetic particles' intensity is greatest during solar maximum

The average flight to Mars takes about nine months



**4** Similarly, researchers recommend a mission not longer than four years because a longer journey would expose astronauts to a dangerously high amount of radiation during the round trip - even assuming they went when it was relatively safer than at other times

**5** They also reported that the main danger to such a flight would be particles from outside of our solar system

## Tokyo Paralympics: Krishna secures gold, Suhās clinches silver in badminton

### INDIA FINISHES WITH 19 MEDALS

**K**rishna Nagar secured a second gold medal in badminton after Suhās Yathiraj claimed a silver as it turned out to be a Super Sunday for the Indian badminton contingent at the Tokyo Paralympics.

■ The 22-year-old Nagar, seeded second, defeated Hong Kong's Chu Man Kai 21-17 16-21 21-17 in the men's singles SH6 class final to retain his unbeaten run at the Games and join compatriot Pramod Bhagat in the gold medal winning list



**BHAGAT HAD CLAIMED INDIA'S FIRST GOLD IN BADMINTON IN SL3 CLASS ON SATURDAY**

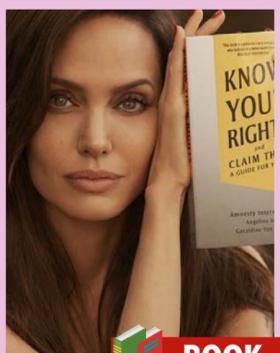
## KNOW YOUR RIGHTS: JOLIE URGES KIDS

**H**ollywood actress Angelina Jolie says, she hopes to empower children around the world with tools to "fight back" for their rights with a book she has written with Amnesty International. 'Know Your Rights and Claim Them', written with human rights lawyer Geraldine Van Bueren, one of the original drafters of the 1989 UN Convention on the Rights of the Child, aims to equip kids with the knowledge to safely challenge injustices.

### HOW TO BE AN ACTIVIST

■ The book addresses identity, justice, education and protection from harm, among other issues. It provides guidance on becoming an activist, being safe and a glossary of terms and organisations.

■ The book is peppered with examples of powerful young voices from around the world, including Nobel Peace Prize winner Malala Yousafzai, climate activist Greta Thunberg and 15-year-old Palestinian journalist Janna Jihad.



**BOOK**

## Study shows Coronavirus epidemic may have existed 21,000 years ago

The most recent common ancestor of sarbecoviruses – the family of coronaviruses to which SARS-CoV belongs – existed more than 21,000 years ago, nearly 30 times older than previous estimates, finds a study. The study showed that humanity may have been exposed to sarbecoviruses, which has the potential to jump from animals to humans, since the Paleolithic period, roughly 2.5 million years ago to 10,000 BC.

## NOW, TRANSFER YOUR WHATSAPP CHATS FROM IOS TO ANDROID

**F**acebook-owned WhatsApp has added the ability for users to migrate their chat history when switching from iOS to Samsung Android devices. Previously, if users selected WhatsApp's cloud backup feature, then iOS chat histories were stored in iCloud, while Android's histories backed up to Google Drive, making it almost impossible to transfer chats between phones that weren't running the same operating system.



**TECHAWAY**

## Rohit Sharma completes 15,000 runs in international cricket

Opener Rohit Sharma went past 15,000 runs in international cricket during India's second innings against England at The Oval on Friday. With this feat, the right-hander has joined an exclusive club, as he became only the eighth Indian batsman to achieve this feat in international cricket...

■ Sachin Tendulkar leads the pack with 34,357 runs

■ The other Indian players on the list are Rahul Dravid, Virat Kohli, Sourav



Ganguly, MS Dhoni, Virender Sehwag and Mohammed Azharuddin

■ Rohit is the 39th on the list of leading run-getters in the world across formats





## WHY YOU MUST NOT HAVE FRUITS AFTER 4 PM

Fruits are one of the greatest sources of vitamins and minerals. Two servings of fresh fruits a day can keep you healthy and fit. It can aid in weight loss, help your organs perform their work efficiently and cut down the risk of chronic diseases. But just like there is an ideal time to have your meals, fruits too should be taken on fixed time to absorb maximum nutrients from it. If you believe in Ayurveda, then you must have your share of fruits before sunset to reap its health benefits.

### WHY FRUITS MUST BE CONSUMED BEFORE SUNSET

Lifestyle and wellness coach Luke Coutinho recently took to his Instagram handle to enlighten his followers why fruits should be eaten before sunset. Luke wrote that as per Ayurveda, the ancient Indian system of medicine, eating fruits in the evening can disturb the sleep schedule and disrupt the digestion process. As we know that most fruits are simple carbs that means they can be broken down. They are a great source of instant energy, at the same time they also spike blood sugar levels. Having it close to bedtime may disrupt your sleep due to a rise in the blood sugar level. Besides, post-sunset, our metabolism slows down and it becomes difficult to digest carbs. So, it is better to limit the carb intake.

### FRUITS SHOULD BE TAKEN ALONE

Fruits should always be taken all alone and not be paired with dairy or vegetables. Taking fruits with dairy or vegetables can lead to the formation of toxins in the body. That happens due to improper digestion of fruits and low absorption of nutrients. The presence of toxins in the body can lead to illness and other health-related conditions.

### THE RIGHT TIME TO HAVE FRUITS

According to Luke, the best time to have fruit is early in the morning on an empty stomach. When we wake up after fasting for almost 10 hours at night, our stomach is all empty. Eating healthy food in the morning will help to absorb the nutrients more efficiently and will kickstart the metabolism. As per the expert, fruit should also not be added with a meal or taken immediately after a meal. One must wait for at least 3.5 to 4 hours after a meal before having any fruit. Simple carbs are best to be consumed in the morning and pre and post-workout. Fat, protein and low complex carbs are best to be consumed post sunset.

# AFGHANISTAN

## WHAT'S HAPPENING AND WHO IS TO BLAME?



By Advait Joshi, class XI, Shri Ram School - Aravalli, Gurugram. He likes Economics, and has participated in many MUN's and won awards



### A BRIEF HISTORY

The instability in the state of Afghanistan started way before the 9/11 attacks. In the December of 1979, during the cold war, Soviet Union invaded Afghanistan to set up a pro-Soviet government there. The strategic location and the chance to have another ally was an offer too tempting for the Soviet Union to pass on and it began a whole war against the country and the Mujahideen, the guerrilla warfare fighters of Afghanistan. The US and Saudi Arabia funnelled in weapons and resources to the Mujahideen through Pakistan in the 1980s, and in 1989, the war ended with no real winner. After this, the country saw a civil war, which saw the Taliban set up their regime in Afghanistan until the entry of the United States in 2001.

On September 11, 2001, Operatives from the terrorist group Al-Qaeda hijacked four commercial airplanes, crashing two of them into the World Trade Centers, one in the Pentagon Building and one in Pennsylvania, resulting in the death of nearly 3,000 people and injuring thousands more. The attack was the deadliest terrorist attack on US soil. Then-President George W Bush vowed to "win the war against terrorism," and zeroed in on Al-Qaeda and Osama bin Laden in Afghanistan, even though none of the 19 hijackers were from Afghanistan. He then signed into law a joint resolution to authorise using military force against those responsible for 9/11.



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Soon, the US, with British support started bombing campaigns against the Taliban with help from other countries. The Taliban regime that was controlling Afghanistan then toppled after losing many strongholds. Osama escaped to Pakistan, and soon a democratic proxy government was set up by the UN and the USA in Afghanistan. The US then fought a 20-year war until the Joe Biden government decided to rid Afghanistan of every single US troop in the country. Earlier ex-US President Barack Obama withdrew many troops from Afghanistan and had announced a timetable in 2014 for a further withdrawal of most US forces in Afghanistan.

The Donald Trump government dropped what Trump called the "mother of all bombs," the most potent non-nuclear weapon in the US arsenal on a suspected self-proclaimed Islamic State Militants in Afghanistan. The bombing showed the emergence of another Islamic State in Afghanistan. Taliban strongholds grew, and Kabul and other cities were subjected to suicide bombings. Taliban had lost control of more than one third of the whole country.

Taliban and US entered their highest level of negotiations. US agreed to pull out many of its troops, and Taliban pledged to block international terror organisations from operating in the country. However, suddenly Trump broke off all peace talks. Taliban responded by saying it's committed to continue negotiations and if it stops, the number of deaths will increase.

The Joe Biden government decided upon the complete withdrawal of US troops from Afghanistan, despite warnings that a sudden departure would result in a power vacuum, which Taliban could use to get back to power in the country. Unnamed officials related to the Biden government predicted that Ashraf Ghani's government would fall in 30 to 90 days, but the Taliban succeeded in toppling the government in 11 days!

### WHAT IS HAPPENING IN AFGHANISTAN RIGHT NOW?

On August 15, India's Independence Day, Afghanistan lost its independence. Taliban was able to overthrow the old government, with the now ex-president Ashraf Ghani fleeing the country. Taliban officials said their only goal is to implement a government as per the Sharia law that restricts the role of women in society, and even though majority of Afghanistan wanted Sharia law in the polls done before, many are trying to leave the country as refugees. Airports and runways are overcrowded with people and many are losing their lives in the mayhem. Mothers are throwing their babies over borders so they don't have to live in Afghanistan. UK has pledged to take in 20,000 Afghan refugees, and many more will seek refuge around the world. Taliban insisted upon its commitment to peace, but accounts of human rights violations against the people of Afghanistan by Taliban tell a different story.



### WHO IS TO BLAME?

#### The American Side

The speed at which the government of Afghanistan collapsed is something nobody could fathom, not even the Biden Administration, and many say that the pulling out of American troops allowed Taliban to take over the country. First of all, the entry of US into Afghanistan to fight the war against terror for almost 20 years was a decision that led to deaths of thousands of innocent civilians. US was backed by a foreign policy that would never reward them in leaving an un-winnable war. US strived to protect Afghanistan from the Taliban and other terror organisations, but the fact that they left the country with such swiftness contradicts their whole foreign policy. America took no steps to train the Afghan police or army to fight Taliban, and followed no accurate schedule in the withdrawal of troops. The reality that US entered the war and left without tangible results makes people question America's credibility in this long war.

#### The Afghan Side

The US national security advisor Jake Sullivan said the Afghan Army "chose not to fight for its country." Afghan security forces "had the training, the size, the capability to defend their country," he said. "This comes down to the issue of will and leadership. I did not, nor did anyone else, see a collapse of an army that size in 11 days." This statement has an element of truth. There was a high level of corruption in the Afghan military, and that was something the US could never come to terms with. The Biden administration asserted that Afghan army had a force of 300,000. However, the Afghan military and police payrolls contained many what some call "ghost soldiers," officers who did not exist but were listed so that officials could receive extra payments. The SIGAR or the Special Inspector General for Afghanistan reconstruction found that there was a gap between recorded and actual strength in the number of police/army personnel in the southern pro-Taliban provinces in recent years. This widespread corruption led to the inevitable demoralisation of the Afghan fighting force. Overall, Afghanistan was used as a pawn between geo-political superpowers. The world though is sad for the people of Afghanistan whose lives have been robbed of freedom for many decades. Although, for this current chaos, I believe both sides, the Afghanistan and the US - both have their reasons.

## A Short History Of

# America's Involvement in Afghanistan



By DURGA BASU  
Class: X, Vasant Valley School, New Delhi

The Twin Towers engulfed by flames, George W

Bush's war on terror, Taliban's refusal to hand over Osama bin Laden and finally, joyous sights of victorious NATO troops marching through Kabul, having ended five years of Taliban rule in 2001. Many of our parents will easily remember and recall these historic events and most of us associate the barbaric New York City attack with the beginning of US intervention in Afghanistan. But the truth is American intervention far predates 9/11 and actually started in the mid 20th century.

During the 1950s, both the US and USSR were heavily involved with infrastructure building in the, then Kingdom. The United States worked on the Helmand Valley project, an irrigation and agricultural project to build dams in southern Afghanistan. Both countries cooperated with King Zahir Shah.

The relationship between the nations hit a turning point when the King's cousin Daud Khan overthrew him in a bloodless coup and declared himself President of the Republic of Afghanistan. Khan had previously served as royal Prime Minister and was known for supporting the Soviet Union. His presidency made the United States increasingly uncomfortable. At the same time he also angered the Soviets by preaching Afghan self dependence and allying his country with anti Soviet countries.

However, military involvement began in the late 1970s, where Daud Khan was himself overthrown and a Marxist Leninist government was formed in Kabul. The United States started covertly funneling money into armed resistance groups through the Pakistani intelligence services.



This agitated the USSR and they invaded Afghanistan in 1979. However, it is a myth that the Soviet invasion started the Afghan civil war, as we have learnt, the western backing for rebels had started before the invasion happened. This backing for the Mujahideen (Islamic fighters engaging in war) only became public after the invasion.

It is also a common myth that the United States created the Mujahideen, they simply exploited the group but they didn't fund them completely. Most funds were received by Gulbuddin Hekmatkar, a prominent Islamic fighter. The US also committed a blunder when they convinced Egypt to release Ayman al-Zawahiri, second in command of Al-Qaeda. He was brought to Afghanistan as an attempt to bring in foreign fighters to ally with the Mujahideen. This meddling formed both the Al Qaeda and Taliban. And the withdrawal of American and Soviet forces was the true element that triggered the civil war and plunged the mountainous nation into chaos.

What happened after Taliban seized power is well known: strict Sharia law and the refusal to release Osama bin Laden, which led to the famous NATO invasion of 2001. What happened next is history - the history that Taliban has hopefully learnt from for their second time in power.

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## Salty & sweet

# Kiwi Juice

**INGREDIENTS**

- 3 large kiwis
- Salt as required
- Water as required
- 2 tablespoon sugar
- Black salt as required

**STEP 1: Peel kiwis** - Peel the kiwis and then scoop out all the pulp neatly. Transfer the pulp to a bowl.

**STEP 2: Blend all the ingredients** - In a blender, add sugar, salt, kiwi pulp and 4 cups of chilled water. Blend everything together until frothy.

**STEP 3: Garnish it with black salt** - Pour the juice into two glasses and then sprinkle some black salt. Mix it well.

**STEP 4: Your kiwi juice is ready** - Drop one ice cube and you are good to go. Enjoy the delicious taste and goodness of kiwi juice.

Kiwi fruit is a nutritional powerhouse and is great for health. Juice it and reap the benefits. Here's the recipe

Kiwi is loaded with vitamin C and is great for gut health