



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION
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LUNAR MISSION 2023

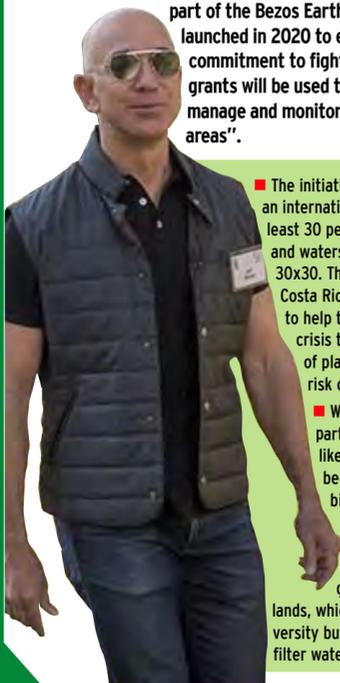
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Spotlight

JEFF BEZOS

Pledges \$1 bn fund to boost conservation

Amazon founder Jeff Bezos has pledged \$1 billion towards improving conservation efforts with a target of protecting 30 per cent of the Earth's land and sea by 2030. The fund is part of the Bezos Earth Fund, which Bezos launched in 2020 to execute his \$10 billion commitment to fight climate change. The grants will be used to "create, expand, manage and monitor protected and conserved areas".



- The initiative is intended to support an international push to safeguard at least 30 per cent of the Earth's lands and waters by 2030, known as 30x30. The plan, led by Britain, Costa Rica and France, is intended to help tackle a global biodiversity crisis that puts a million species of plants and animals at the risk of extinction
- While climate change is part of the problem, activities like farming and fishing have been even bigger drivers of biodiversity loss. The 30x30 plan would try to slow that by protecting intact natural areas like the old-growth forests and wetlands, which not only nurture biodiversity but also store carbon and filter water

VIRAT KOHLI

First cricketer to play 200 IPL matches for a single franchise

Royal Challengers Bangalore captain Virat Kohli has become the only player to feature in 200 IPL matches for a single franchise. He is the first RCB cricketer to get to the landmark. Notably, Kohli became the fifth cricketer to play 200 matches in the Indian Premier League when he came out for the toss in Match number 31 against Kolkata Knight Riders in Abu Dhabi.



Dhoni, the most-capped player, has represented two franchises - Chennai Super Kings and Rising Pune Supergiant. Rohit (Deccan Chargers & Mumbai Indians) and Raina (CSK & Gujarat Lions) have also played for 2 franchises, while Kolkata Knight Riders' Karthik has played for Delhi Capitals, Gujarat Lions, Punjab Kings, Mumbai Indians and Royal Challengers Bangalore in the past

NASA selects a site for its Moon lander

NASA's much-awaited Artemis Lunar Mission in 2023, will land near the western edge of the Nobile Crater at the Moon's South Pole.



The Artemis rover, Volatiles Investigating Polar Exploration Rover (VIPER), during its 100-day journey will explore the region's surface and subsurface for water and other resources, the US space agency has confirmed

WHY NOBILE CRATER

1 The mountainous area west of Nobile Crater was chosen as VIPER's landing site due to its rover-accessible terrain and array of nearby sites of scientific interest, including permanently-shadowed areas

almost permanently-covered in shadows, allowing ice to exist there. The area of study covers an approximate surface area of 93 square kilometres, of which the VIPER is expected to traverse 16 to 24 km

3 Smaller, more accessible craters surrounding Nobile's perimeter, will also provide VIPER with ideal locations to investigate in its search for ice and other resources

2 Nobile Crater is an impact crater that was formed through a collision with another smaller celestial body, and is

The Moon's South Pole is one of the coldest areas in our solar system. No prior missions to the Moon's surface have explored it. Scientists have thus far only studied the region using remote sensing instruments, including those on NASA's Lunar Reconnaissance Orbiter and the Lunar Crater Observation and Sensing Satellite



Not just a band-aid, a gateway to stop food waste

Scientists at the Nanyang Technological University (NTU) in Singapore are tackling food waste by turning discarded durian husks into anti-bacterial gel bandages. The researchers say, using waste materials and yeast for the anti-microbial bandages are more cost effective than the production of conventional bandages, whose anti-microbial properties come from more expensive metallic compounds like silver or copper ions.



THE PROCESS

- The process extracts cellulose powder from the fruit's husks after they are sliced and freeze-dried, then mixes it with glycerol. This mixture becomes soft hydrogel, which is then cut into bandage strips
- Compared to conventional bandages, the organo-hydrogel bandages are



also able to keep wound areas cooler and moist, which can help accelerate healing

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Can a phone detect if you are depressed?



Yes, believe iPhone makers. If reports are to go by, Apple is working on a new technology that could be used to help diagnose mental health conditions, such as depression and cognitive decline. By collaborating with the University of California and biotech firm Biogen, Apple is hoping to get more out of the health-related sensors in its devices. According to sources, researchers will use data from

The firm already has a wide health-related technology offerings, including heart, sleep and activity monitoring through the Apple Watch and iPhone

iPhone sensors to look for digital signals linked to certain mental health conditions, including depression and anxiety, and feed them into an algorithm. This should be able to reliably predict depression and other conditions and form the basis of new features in a future version of Apple's iOS operating system.

FOR THE RECORD

To effectively diagnose a mental health condition, a patient requires close monitoring by the experts to look for changes in behaviour from the norm

Ashton Sanders to play the role of Bobby Brown in Whitney Houston biopic

Actor Ashton Sanders is set to play singer Bobby Brown, husband of Whitney Houston, in the biopic on the music icon. According to Deadline, Naomi Ackie has been cast in the role of Houston in the film titled 'I Wanna Dance With Somebody'.

Houston is one of the most-successful and awarded female music artistes of all time. She is also one of the best-selling recording artistes of all time, selling more than 200 million records worldwide



MOVIES

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OMG! Oh My Gandhi! Gandhism for the present world

Happy Gandhi Jayanti 2 OCTOBER

WHAT WOULD GANDHI DO...

It's time to celebrate the Father of Our Nation. Join us as we wish him a very Happy Birthday and celebrate OG - the Original with an OMG!

We have known him as the Mahatma, a sadhu, a revolutionary, a lawyer, a Satyagrahi, a catalyst, and NOW...we get to know him as the New-Age Problem Solver.

From Wellness, Environment, Education, Global Politics, Fashion, Business, Management, Nutrition, Handlooms, and MORE - Gandhi can tackle it all.

TERRIFIC TRIVIA | GANDHI AND HIS AVATARS | EXPERT COLUMNS | STUDENTSPEAK AND TEACHERTALK | MY VERSION OF GANDHI | EVERYDAY GANDHISM | INSPIRING WORDS | BOOKS, MOVIES, MUSIC | RECOMMENDATIONS | GANDHI AS INFLUENCER | ACTIVITIES, CRAFT & DIYS | YOUR VIDEOS | ARTISTIC EXPRESSIONS

COLLECTOR'S EDITION MAKE YOUR DATE OCTOBER 2, 2021

The celebration starts early on our website from Monday, September 27, 2021

ON THE WEBSITE Online Debate Session on Gandhi's relevance now where students can send us their videos: @OnMyGandhi challenge as students send one daily batch of Gandhi and report back. Reimagine Gandhi as Supreme as we invite them to send us their art, poem, essays on all things Gandhi.

AND MUCH, MUCH MORE

POSITIVE PARENTING

5 WAYS TO PROTECT CHILDREN FROM ONLINE RISKS



Kids are vulnerable to cyberbullying. Check these tips to empower them and help them stay safe

Set healthy technology boundaries

1 Place appropriate restrictions on technology use as soon as children are able to access internet. Setting reasonable limits early can prevent kids from becoming too attached to their gadgets later on. It in fact, helps to develop healthy communication with their peers and parents.

Communicate openly

2 Encourage your kids to come to you with curious questions about the online world – its risks and advantages. Also ask them to talk about their online activity and relationships with friends.

Take extra care of kids with mental health issues

3 Children with depression, anxiety and other psychological conditions or even shyness are easy targets for bullies. Help de-stigmatise these conditions in your own home by educating yourself and your kids about them.

React compassionately

4 If your child brings up an instance of cyberbullying, thank them for sharing their concerns with you. Make sure you help them open up about their experience, then decide together how to move forward.

Help them become aware

5 Discuss news stories about cyberbullying (that you may have read in newspaper or seen on TV) with kids. Use these events to explain them what is and isn't okay online.



How to set healthy parenting boundaries with grandparents

Challenges you may have to deal with

Having grandparents around kids is one of the greatest blessings. The love, support and life lessons that kids get from them are invaluable. Grandparents are treasure troves of life experiences and a perfect companion for fun and creative activities. But when they start interfering way too much with your style of parenting, then the situation can become pretty much tricky to deal with.

The right way to set the boundaries

Every parent has their style of raising kids, which they adopt over time. It can be frustrating when grandparents start to interfere in it, pointing out your mistakes often. As parents you might not be fully convinced with their ideology and you have every right to raise the issue. **What is needed is to set healthy boundaries without hurting anyone or straining the relationship.** Here are ways grandparents can interfere with your parenting



Breaking rules

Grandparents love to pamper kids. But there is a difference between pampering and spoiling kids. Flouting the rules set by you once in a while is alright, but repeating them sends a bad message to kids. If you have set the screen timing or no chocolate rule for your kids, it is important for them to follow the rules too.

Instead of losing your calm in front of kids, talk to them about it privately. Ex-

plain why have you set the rules, etc.

Constant criticism

This is another common challenge most couples face when they are constantly criticised for every single task they do. Whether it is about food habits, clothing, sleeping pattern or behaviour.

Instead of reacting to it, talk to them privately. Sometimes grandparents just want to feel valued. Listen to their concerns and appreciating their effort.

Playing favourites

You might be trying hard to instill a sense of gender equality among kids.

However, if grandparents choose to play favourites, it is obvious for you to feel annoyed. It can affect your kids' development too. Raise this issue calmly and explain your point of view with examples.

style. Check ways to deal with them in healthy ways.

Excess interference

Sometimes, grandparents can be overinterfering. They may expect you to ask and take permission from them before taking any decision. Like they would want you to ask them about the school your kids should go

to or the kind of foods you choose for them.

It is not necessary that you may agree with your kid's grandparents' decision every single time. That is completely normal and understandable. So, next time your child's grandparents give advice, do listen to them carefully. Do not interrupt and calmly tell them that you understand their concern and will surely consider their opinion.

5 healthy habits that can help to increase your kid's height

Several factors influence your child's height, like environment, diet and exercise. Of all the main contributors is your gene, which accounts for 60 to 80 per cent of your kid's final height. While you cannot do anything about the gene, giving the right nutrition and diet from an early age can still help to increase your kid's height by a few inches. From the time kids turn one till they hit puberty, they gain about 2 inches each year. During puberty (12-14 years), their height starts growing at the rate of 4 inches per year. Once this phase is over, height stops increasing. So, the only time you can take measures to increase your child's height is between 1 to 14 years. Here are five things that can help increase your kid's height if you start following them from the right time

NUTRITIOUS DIET

Be it adults or kids, a well-balanced and nutritious diet is the basic requirement for everyone. Three square meals and two snacks a day loaded with all the nutrients help in the development of your brain and body. Even if your kid is a fussy eater, try to introduce different foods in their diet to provide them with the right kind of nutrition. Add more fresh fruits, whole grains, dairy and sources of protein to their diet. Avoid sugar and processed food.



AVOID SUPPLEMENTS

To ensure that the kids are getting a sufficient amount of nutrients, some parents even give them supplements, which is not required. Supplements should only be given to kids when they have a deficiency of some nutrient or are suffering from growth-related issues and that too after consulting with the doctor. The priority should be to provide the nutrients from the food.

REGULAR EXERCISING

Teaching your kids to exercise daily from an early age is one of the best things you can do. Staying physically active has many health benefits, which includes increasing your height. Stretching, yoga and meditation are good ways to stay physically and mentally fit. Exercising helps to stretch the spine and also improves your child's posture.

HANGING FROM BARS

Hanging has always been considered as the best way to increase the height of kids. Hanging from the bar elongates the spine, which can help in increasing their height.

Dementia is a chronic mental health condition that is diagnosed in millions of elderly people across the globe every year. The umbrella term used to describe a group of symptoms affecting memory, thinking and social abilities can severely affect a person's day to day life. To cut down the risk of getting dementia, follow these simple tips from an early age

Performing these 5 household chores can reduce the risk of dementia

HOW HOUSEHOLD CHORES ARE REALLY BENEFICIAL

As per a study, general mundane activities like cleaning and gardening can lower the risk of dementia and even make it manageable if performed regularly. Engaging in certain household chores helps to create greater brain volume. Surprisingly, those who performed household chores had greater brain volume



as compared to those who performed any kind of strenuous physical exercise. The study published in the journal 'Neurology' mentioned five household chores that can be helpful for those suffering from dementia.

COOKING

Cooking is not a random household task. It is a brain-stimulating activity, which helps to keep your brain

healthy. This activity strengthens the frontal lobes of the brain and improves all sorts of functions related to it. Getting to know herbs and spices can improve sensory nerves and memory. Most importantly, paying attention to the recipe helps to improve attention and optimises brain functioning.

DECLUTTERING

Studies suggest that keeping your space messed up can make the symptoms of depression worse. Besides, it leads to decreased focus, confusion, and tension. Keeping your home organised can provide a sense of self-control over the



environment. For people suffering from dementia, decluttering can help in reducing the episodes of mood swings.

CLEANING

Cleaning and your mental health have a strong link. It is meditative, which helps to release endorphins in the brain, altering the



perception of pain and triggering a positive feeling. It also helps to improve concentration and lift your mood, a common area of concern in the case of dementia.

GARDENING

Spending time in nature rejuvenates mind, body and soul. Gardening boosts mental well-being and helps to develop healthy relationships with others. Spending some time in the sun can also lift your mood and make you feel calm.

HEAVY HOUSEWORK

Heavy household chores like mopping, doing dishes and laundry have a positive impact on mental health. It helps to ease symptoms of depression and anxiety.