



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION
THURSDAY, MARCH 17, 2022

Russian foreign minister Sergei Lavrov said that some formulations for agreements with Ukraine were close to being agreed, with neutral status for Kyiv under 'serious' consideration

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Spotlight

JHULAN GOSWAMI

Bags 250th ODI wicket, becomes first woman cricketer on planet to achieve feat



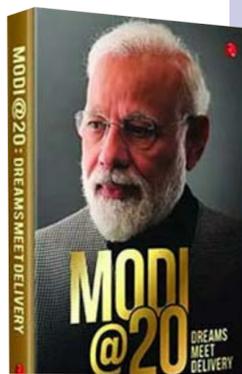
Indian pacer, Jhulan Goswami, achieved a huge milestone on Wednesday, as she bagged her 250th ODI wicket in the ICC Women's World Cup 2022 match against England. Jhulan reached the milestone with the wicket of Tammy Beaumont. Jhulan stands heads and shoulders above the rest in the 50-over format. Second on the list is Australia's Cathryn Fitzpatrick, who has 180 scalps to her name. West Indies' Anisa Mohammed is also tied at the second spot with 180 wickets. South Africa's Shabnim Ismail, and England's Katherine Brunt are next with 168 and 164 dismissals to their name, respectively.

Earlier, Jhulan had created history in women's cricket by becoming the first cricketer ever to take 40 wickets in Women's World Cups alone, going past Australia's Lyn Fullston. A number of international women's cricket stars had lauded Goswami for her contribution to the sport

Anthology on PM Modi's 'unique' governance style to hit the bookstores next month

A book revolving around Prime Minister Narendra Modi's work and political and governance model with various chapters written by domain experts, his Cabinet colleagues and leading faces in different walks of life, is set to hit the bookstores next month

- 'Modi@20: Dreams Meet Delivery', a compilation of chapters authored by eminent intellectuals and domain experts, attempts a definitive and expansive exploration into the fundamental transformation of Gujarat and India over the last twenty years due to Modi's "unique model of governance"
- The book is divided in five sections, titled 'People First', 'Politics of Unity and Development', 'Jan Dhan: An Economy for Everyone', 'A New Paradigm in Governance' and 'Vasudhaiva Kutumbakam: India and the World'
- All sections have various chapters authored by noted people



The book's title is a reference to Modi completing 20 years as a head of government, including his nearly 13-year term as Gujarat chief minister. Since entering the electoral field in 2002, he has always led the BJP to every election in which he was its face, first as chief minister thrice, and then as its prime ministerial face in 2014 and again in 2019

FACTOID

\$300BILLION

That's the amount Russia has been deprived of, courtesy the sanctions, said Anton Siluanov, the finance minister of Russia. According to a statement from the minister, half of the country's gold and foreign exchange reserves have been frozen due to the latest sanctions imposed on Russia after Moscow launched its special military operation in Ukraine. Out of the total amount of Russia's reserves, which amounts to a figure of \$640 billion, about \$300 billion had been seized

WHAT OF UKRAINE?

- Russia has circulated a proposed UN security council resolution demanding protection for civilians "in vulnerable situations" in Ukraine and safe passage for humanitarian aid and people seeking to leave the country
- As Russian troops closed in on Ukrainian capital Kyiv in what is being considered the final assault on the city, three European leaders – the Prime Ministers of Poland, Czech Republic and Slovenia – visited the country on Tuesday to show solidarity with Ukraine. It's pertinent to note that all three are NATO member countries even though Ukrainian President Volodymyr Zelenskiy has dropped plans to join the alliance, which was the root cause of Moscow's aggression

RUSSIA-UKRAINE WAR

Russia bars US President Joe Biden from entering country

In its version of sanctions, Moscow has put US President Joe Biden and Canadian Prime Minister Justin Trudeau, along with several other senior Biden administration officials, on a "stop list" that bars them from entering Russia...



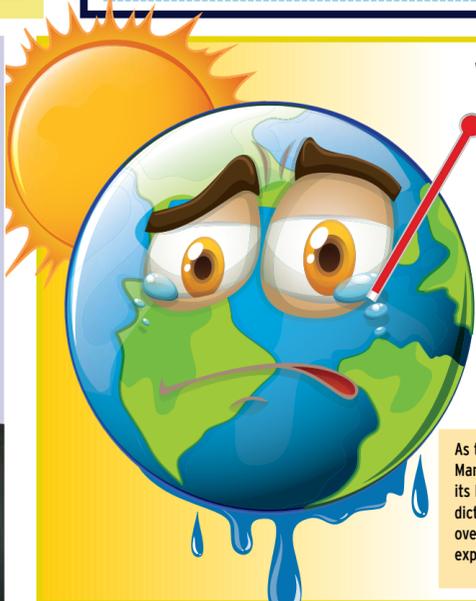
WHO ELSE IS ON THE LIST

- Among the 13 individuals who have been barred from entering Russia, there's US secretary of state Anthony Blinken, secretary of defence Lloyd Austin, CIA chief William Burns, National Security Advisor Jake Sullivan and even former secretary of state Hillary Clinton
- The step is being seen as a retaliation against Washington's sanctions against Russia and its president Vladimir Putin personally following the invasion of Ukraine

DOES IT MATTER?

- Not really, as neither Biden nor any other senior official from his administration is in a tearing hurry to go to Russia
- Moreover, Russia hasn't snapped diplomatic relations with the US – that didn't even happen at the height of the Cold War – and has kept official relations intact in order to ensure that if needed, high level contact with the people on the list can take place

What explains the heatwave IN MARCH THIS YEAR?



Starting March 12, maximum temperatures have increased over central India resulting in a heatwave to severe heatwave conditions in some parts of Saurashtra-Kutch, Konkan, west Rajasthan and heatwave conditions over east Madhya Pradesh, Gujarat, east Rajasthan, and Odisha. The India Meteorological Department (IMD) on Tuesday predicted continuation of the heatwave and severe heatwave over these regions.

As the sun marches northwards and according to the climatology, the month of March is when the region extending from Maharashtra to Odisha is a heat zone. In its March to May seasonal forecast issued on March 1, the IMD had already predicted that it was expecting above normal maximum temperatures most likely over many parts of western and central India, and hence a heat wave can be expected extending from south Gujarat to Maharashtra to Odisha

- On the reasons for the heat wave, IMD Director General, Mrutyunjay Mohapatra said: "The higher than normal temperatures are because of the wind flow pattern in these areas. The lower level winds in these areas are from south towards north and that brings hotter air from land (as against when north to south winds bring colder air)"

- The winds are south-easterly over southern peninsular area, mainly Karnataka, Telangana with some feeble circulation, which is favouring the advent of heat from south to north Tamil Nadu, Telangana, Karnataka and up to Vidarbha area of Maharashtra

OLIVIA RODRIGO, BTS AND BILLIE EILISH TO Perform at Grammys

Olivia Rodrigo, Billie Eilish, BTS and Lil Nas X will perform at the 64th annual Grammy Awards on April 3, the Recording Academy announced on Tuesday. They, along with the singer-songwriter Brandi Carlile and the country duo Brothers Osborne, are the first batch of performers announced for the show, which was delayed nine weeks by the pandemic, and is being held in Las Vegas for the first time. Trevor Noah of 'The Daily Show' is the host. The show, at the MGM Grand Arena, will be broadcast by CBS, and can be streamed on Paramount+.



Rodrigo and Eilish are each up for seven awards, and will compete against each other for record, album and song of the year. Rodrigo, whose debut album, 'Sour', was one of last year's biggest hits, is also up for the best new artist, raising the possibility that she could sweep the top four awards – for the first time since Eilish did so in 2020

Apprehensive about emojis? Maybe because it signifies less authority

Although you may have 1,000 emojis to choose from, you should avoid using one in workplace communication. A new study suggested that workers who frequently utilise emojis and other graphics in their emails are perceived as less powerful than employees, who use words. The researchers' findings discovered that employees who use pictures and emojis in emails, Zoom profiles, or even company logos on T-shirts are perceived as less authoritative.

The study examined the response of American participants to verbal vs pictorial messages in different contexts. The results were clear-cut: In all the experiments, the respondents attributed more power to the person who chose a verbal vs a visual representation of the message

WHAT PARENTS MUST KNOW ABOUT COVID VACCINE IN THE 12-14 YEARS CATEGORY

Covid-19 vaccination for children in the age group 12-14 has begun. The process started after a recent statement by the Union Health Ministry that said the decision was taken after due deliberations with scientific bodies. The ministry also decided to remove the condition of co-morbidity for precautionary doses and opened the vaccination for everyone above 60 years of age. For details, read on...

"Union Government after due deliberations with scientific bodies has decided to start Covid-19 vaccination for 12-13 years and 13-14 years age groups (those born in 2008, 2009 and 2010. i.e. those who are already above 12 years of age) of the population from 16th March, 2022," the ministry had said in a statement. The vaccine being administered is the Corbevax manufactured one by Hyderabad-based Biological E Limited.

HEALTH CORNER



5 MUST-DO TIPS

1. Talk with your child before the appointment. Many parents may have concerns about how their child might act when they need a shot. But there are simple ways to help make it a positive, calm experience.
2. After your child receives their first vaccine, schedule the second dose. Make sure that your pediatrician's office has a copy of the card in your child's medical record. Your child's school or college health office also may need a copy of the card.
3. Keep the paper vaccination card you will receive! Don't laminate the vaccination card, in case more information needs to be added. Take a photo of it or copy it and keep everything in a safe place. And to avoid identity theft risk, don't share a photo of the card on social media.
4. Call your child's pediatrician or primary care doctor and tell them you're planning to have your child vaccinated. Ask them questions about any concerns you may have.
5. Schedule your child's Covid-19 vaccine appointment at your pediatrician's office, vaccination clinic, pharmacy, community vaccination site, church or school. Some sites may even have walk-in hours.
6. Your child can also receive routine shots at the same appointment for the Covid-19 shot. This includes getting an annual influenza shot. Ask if your child is caught up on all routine immunisations.



FESTIVE SPECIAL

PRE-HOLI GUIDE FOR PREVENTING SKIN PROBLEMS

With Holi around the corner, it's time to give some thought to skincare to avoid ending up with dry skin or allergies that happens after playing with colours. Here are some easy tips that you can follow to avoid skin and hair damage while rejoicing in the spirit of Holi



WELLNESS TIPS FOR SAFE HOLI



USE ICE CUBES ON YOUR SKIN

On the day of Holi, before stepping out, you can rub ice on your face as it helps in closing the pores of your skin. Gently massage ice cubes on your clean face for about 10 minutes. This simple and easy trick will not allow the colours to seep inside your skin and cause damage.

COVER YOURSELF WELL

When going out to play Holi, try to wear clothes that cover your skin. This can reduce the surface area for skin damage. Wear full sleeve clothing so that less area is exposed to colours, most of which are laced with chemicals used to make bright colours

OIL YOUR SKIN

Before going out and playing Holi, oil your skin properly. This will help in creating a barrier between your skin and the colours. The oils won't let the colours penetrate inside your skin and also make it easy to remove them later. One can use a mixture of different oils like coconut oil, almond oil or castor oil.

USE SUNSCREEN AND MOISTURISER

Just like other days, sunscreen is needed before playing Holi as well. Before stepping out and playing Holi in the sun, it is necessary that you apply a thick layer of sunscreen on your skin. Stick to a high SPF as it won't allow the sun rays to cause damage to your skin and also will keep your skin hydrated and moisturised.

PUT VARNISH ON YOUR NAILS

It can become very difficult to remove Holi colours from your nails because bright colours like pink and green can stick to nails for weeks. An easy solution to this is to apply varnish or nail paint. This will provide a layer of protection between your nails and the colours, keeping your nails clean and safe.

INPUTS FROM WELLNESS EXPERT SANCHI SEHGAL-TNN



NO TROUBLE TRUFFLE



RECIPE

Celebrate the festival of Holi with the goodness of taste and health. Here's an easy yet delicious recipe for you to make and share with your friends and family

INGREDIENTS

- 1/3 cup sunflower seeds
- 1/4 cup flax seeds ■ 1/2 cup dried cranberries
- 1 tablespoon cinnamon
- 1/3 cup pumpkin seeds
- 1/2 cup oats ■ 13 black dates

HOW TO MAKE



STEP 1: DRY ROAST OATS AND SEEDS

Take a pan and dry roast the oats and the seeds on a low-medium flame for about 4-5 minutes. The oats should turn light brown in colour.

STEP 2: MIX EVERYTHING WELL

Put the toasted seeds, oats, cranberries, dates and cinnamon powder in a blender jar and blend until everything blends well.

STEP 3: MAKE SMALL TRUFFLE BALLS

Take about a tablespoon of this sticky mixture and make small balls. Your healthy sugar-free truffles are ready.

TNN

EXPERT ADVICE

Setting career goals in high school

When Neeraj Chopra threw that gold-winning Javelin at the Tokyo Olympics, I noticed one thing: he didn't even turn to look at where it had landed. He knew he had done it

That kind of confidence comes from setting ambitious goals and becoming the best version of yourself to achieve it.

While school life is about building your knowledge and personality, I firmly believe that having clear goals gives you two critical things, direction, and focus.

Although, not a must, but it would be great to know what career you would like to pursue. This can be done by having role models – people you want to be like, deep interest in a field, or something you are very passionate about. Let's say you are interested in becoming a heart surgeon or a technology entrepreneur. To make that happen, you will need a

medical or an engineering degree. What should next steps be? Firstly, you should narrow down the best colleges you

wish to study at.

Once you have done that, you should find out all about how to get in that college. Set mid-process goals towards this larger goal. For example, target to be in the top 10% your class, set specific hours and methods for preparing for college entrance exams. Get a mentor and allow that mentor to give you brutal feedback.



I always stress the importance of having rounded goals. I call it wheel of goals. You cannot let other areas in your life take a backseat as you pursue your main goal. Have a goal for 'Health' which could include a daily game of badminton, have a goal for 'Relationships' that could be playing Scrabble with your mother once a week, and also a goal of 'Giving Back' through which you make sure you that you do something for the underprivileged.

Write down these goals. Pin them on the board at your study desk. Look at them every day. And pursue them with a wild passion. When you do so with all your heart and mind, you will not even bother to check the results of the college entrance exam. You will just know – like Neeraj did.

Dr Vivek Mansingh is a global leader, entrepreneur, technology visionary, innovator, international speaker, philanthropist, and the author of 'Achieving Meaningful Success: Unleash the Power of ME'. He is currently a GP at YourNest VC Fund

'Climate change is the tipping point driving migration, building local resilience is key'

SUNITA NARAIN, ENVIRONMENTALIST



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