BENNETT, COLEMAN & CO. LTD. | ESTABLISHED 1838 | TIMESOFINDIA.COM | NEW DELHI

THE TIMES OF INDIA

www.toistudent.com

STUDENT EDITION

THURSDAY, MARCH 31, 2022

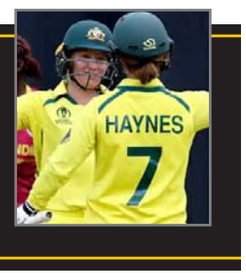
TIMES nie Newspaper in Education

TODAY'S EDITION

➤ With bullying, especially cyberbullying, becoming an area of concern for parents, experts share tips on how to keep kids safe from it
PAGE 2

➤ A young reviewer recommends 'Beneath a Scarlet Sky' by Mark T Sullivan, which gives an insight into the World War-II
PAGE 3

➤ Alyssa Healy, Rachael Haynes take Australia to the finals of Women's Cricket World Cup
PAGE 4



CLICK HERE: PAGE 1 AND 2

NTA considering conducting CUET twice a year from next session: UGC chairman

The Central Universities Entrance Test (CUET) will neither make the Board exams irrelevant nor give a push to "coaching culture", University Grants Commission (UGC) Chairman Jagadesh Kumar said on Tuesday, asserting that students from the state boards will not be at a disadvantage in the undergraduate admission process. The National Testing Agency (NTA), which is responsible for conducting the exams, will consider conducting the CUET twice a year from the next session, he said.

Kumar said, the CUET will not just be limited to admissions in Central Universities, as several prominent private universities have indicated they would like to come on board for using the scores from the common entrance exam for undergraduate admissions

FIRST SIGNS OF A THAW between Russia and Ukraine

In a major confidence-building measure, Russia on Tuesday promised to scale down its military operations around Ukraine's capital, Kyiv, and the country's northern regions, in what is the most significant progress towards ending the war between the two countries. The Russian proposal came during the talks between the two nations in Turkey, wherein Ukraine reiterated its offer of retaining its neutral status...

WHY NOW

According to the Russian deputy defence minister Alexander Fomin, Moscow was deescalating "in order to increase mutual trust and create the necessary conditions for further negotiations and achieving the ultimate goal of agreeing and signing an agreement."

The Russian invasion of Ukraine, which commenced on February 24 and was expected to be a walk in the park for its armed forces, has been stalled due to fierce resistance from Ukrainian troops, who have managed to recapture several areas

WHAT ELSE IS LAID ON THE TABLE?

1 In a detailed proposal seeking security guarantees for itself, Ukraine named Israel and NATO members Canada, Poland and Turkey as countries that may give such guarantees, with the possibility that Russia, the US, UK, Germany and Italy could also be involved. Ukraine also repeated its earlier proposal of not hosting any foreign military bases on its territory

2 The proposals also outline a 15-year consultation period on the status of Crimea, which was captured by Russia in 2014, though this would start only after a complete ceasefire. Similarly, the fate of the pro-Russian separatist-controlled Donbas region would be discussed between Presidents Vladimir Putin and Volodymyr Zelenskyy of Russia and Ukraine, respectively, with a meeting between them now seeming more likely after a Russian negotiator said that it could happen once foreign ministers of both countries signed an agreement

NEWS IN CLUES

Which company's name is often used as a moniker for a tennis player?

CLUE 1: Tom Hanks portrayed this company's employee in one of his movies.

CLUE 2: Its founder once gambled his last savings at a casino in order to save the company.

CLUE 3: It was the first US company to earn $1 billion in revenues within 10 years of launch.

ANSWER: Fedex. The company, whose name is often used as a moniker for Roger Federer, announced the appointment of Indian-American Raj Subramaniam as its CEO, effective from June 1. In the movie 'Cast Away', Tom Hanks portrayed a FedEx employee, who survives a plane crash. FedEx's founder Frederick W. Smith once gambled a sum of $5,000 – the last of his savings – in a casino in Las Vegas and ended up winning $27,000, which was enough to pay $24,000 worth of fuel bills for FedEx's planes, helping the company run for another week.

DID YOU KNOW?

Machu Picchu has been going by a wrong name for more than 100 years

A recent discovery suggests that the famous ancient Incan site of Machu Picchu may have been misnamed for more than a 100 years since it was first visited in 1911 by US explorer Hiram Bingham. According to reports, a new academic paper has argued that the spot has been known by the wrong name since its rediscovery more than a century ago.

Referring to its name, a US archaeologist and a Peruvian historian have argued that the UNESCO World Heritage Site was known as **Huayna Picchu** or simply **Picchu by its Inca inhabitants**. The researchers, while scouring maps, archives, and documents, found a 1904 atlas, which was published seven years before Bingham first arrived in Peru, where also the site is called Huayna Picchu. As per their findings, the site was named after the closest rocky summit and not Machu Picchu, which is the name of the highest mountain near the city.

LESSON TIME

WHO BUILT MACHU PICCHU?
Machu Picchu is believed to have been built by Pachacuti Inca Yupanqui, the ninth ruler of the Inca, in the mid-1400s

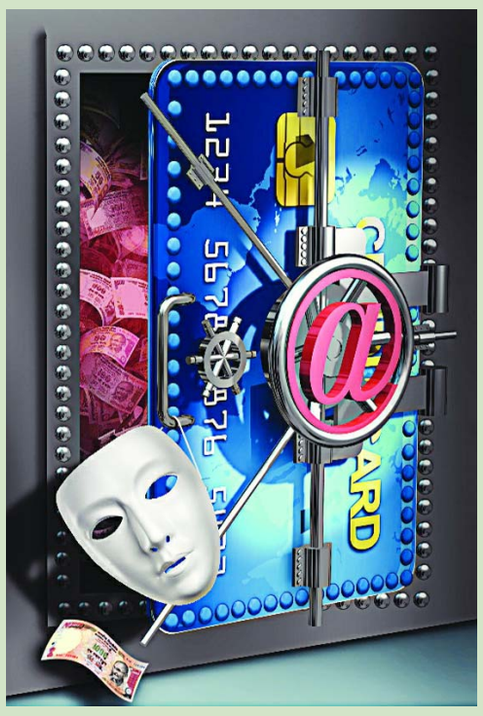
WHY IS MACHU PICCHU CALLED THE LOST CITY?
It is also called the 'lost city', because the Spanish never discovered the city when they conquered the Inca in the 1500s

WHY IS MACHU PICCHU A 'NO FLY ZONE'?
To preserve the site and keep tourism sustainable, there is a no-fly zone above Machu Picchu

FACTOID

₹ 100 CRORE

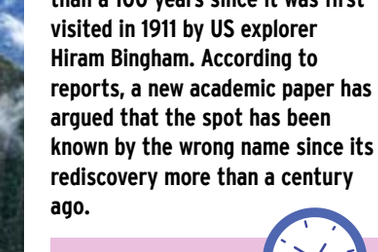
That's the amount India loses **a day** due to banking scams and frauds, according to the Reserve Bank of India (RBI). According to RBI data up to December 2021, there were, on an average, 229 frauds committed daily on Indian banks in 2020-21, which was a slight improvement from the previous fiscal, 2019-20 when 231 frauds were committed daily on an average. The data also showed that frauds increased dramatically after demonetisation in November 2016 due to the push for digital transactions. Of this, just about one per cent amount was recovered.



- Maharashtra, home to India's financial capital Mumbai, topped the list, accounting for 50% of the amount involved in banking frauds, followed by Delhi, Telangana, Gujarat and Tamil Nadu
- Combined, the five states accounted for over ₹ 2 lakh crore of the amount lost due to banking scams, which means that of the total amount lost due to bank frauds, which stands at ₹ 2.5 lakh crore between April 1, 2015 and December 31, 2021, these five states accounted for 83% of the amount lost to frauds

Booker winner Douglas Stuart back with 2nd novel, 'Young Mungo'

After the extraordinary success of his debut novel 'Shuggie Bain' that won the 2020 Booker Prize, Scottish-American writer Douglas Stuart is back with 'Young Mungo', which is a vivid portrayal of working-class life and two men Mungo and James. Born under different stars, Protestant Mungo and Catholic James live in a hyper-masculine world. They are caught between two of Glasgow's housing estates where young working-class men divide themselves along sectarian lines, and fight territorial battles for the sake of reputation.



BOOK

- After graduating from the Royal College of Art, Stuart moved to New York, where he began a career in fashion design. 'Shuggie Bain', in fact, won not only the Booker Prize but both 'Debut of the Year' and 'Book of The Year' at the British Book Awards. It was also short-listed for the US National Book Award for Fiction, among many other awards
- His short stories have appeared in the New Yorker and his essay on gender, anxiety and class was published by Lit Hub. He divides his time between New York and Glasgow

POSITIVE PARENTING

HOW PARENTS CAN BULLY-PROOF THEIR CHILDREN

(look out for red flags)

Bullying is a real issue for children, it can happen in-person or on the internet (cyberbullying). Here are tips to help your kids become aware of it...

Bullying is a repeated action of intentionally humiliating and/or harming people mentally and physically. It may include physical aggression like hitting, kicking, slapping or verbal abuses involving threats, resorting to blackmail in order to intimidate people or making remarks that take a toll on a person's confidence.

Every child is prone to bullying. But there are ways we can prevent it. Here are some things parents can do to bully-proof their kids and help them stay safe.

Help build your child's confidence and self-esteem

Those who may have witnessed or experienced bullying will know that a bully preys on people who they think are either weak or not equipped to stand up against them, which is why boosting your child's confidence is the key to helping them fight against bullies.

Encourage your child to participate in various activities, make them feel confident about themselves, boost their spirits by praising the good they do and let them know that you have their back at all times.

Be an involved parent

When it comes to children, parents must show a genuine interest in their lives. Kids may not be vocal when they feel neglected, but they will surely distance themselves away from you if they feel overlooked. They may find it difficult to confide in you, which can further complicate things, especially if they're being bullied. Because they choose to keep secrets from you, their bully may take advantage and thrive on it, while your child suffers in silence.

Educate them about bullying

In order to prevent bullying, your child must first understand what it is. Teach them what bullying means, what it constitutes of, why it is dangerous and how it can impact them in the long run. Help them understand why bullying or being bullied is not right. Let them know if they're being bullied, it's not their fault and encourage them to stand up against it. Also, educate them about cyberbullying, which has become so common in recent times.

Encourage them to share, build a safe space

Most importantly, it is crucial that parents build a safe, positive space for their children to share their deepest darkest secrets. Until and unless they feel comfortable talking to you, they confide in you, it is impossible for them to open up to you. That said, always urge them to have strong opinions, to put forward their points and to not cave in to bullies.

SIGNS YOUR CHILD IS BEING BULLIED

In order to find out if your child is a victim of bullying, here are some signs and symptoms to watch out for.

Emotional and behavioural signs may include:

- Extreme mood swings
- Staying isolated
- Changes in sleep and eating patterns
- Increased sibling fights
- Aggressive behaviour
- Being withdrawn

EXPERT SPEAK

MY PRE TEEN IS ADDICTED TO ONLINE GAMES

QUERY: *My daughter is addicted to online games so much that she finds excuses to sit with her laptop at every instance. She was an ardent reader but does not want to do anything else now. If I stop her, she gets very restless. Is she addicted? How do I help her? She gets angry with me when I take away the laptop or ask her to stop. She hasn't really snapped at me yet, but I am scared that may just happen.*

RESPONSE BY DR RACHANA AWATRAMANI, PSYCHOLOGIST: Playing online games is one of the increasing interests of children these days, it does enhance thinking skills and helps with motor skills. However, anything in excess is harmful. Similarly, online games can have its own pros and cons. Monitoring children while playing these games becomes extremely challenging for parents. I can see you are also facing a similar situation. I get how you feel about your child playing games online most of the time, which also has impacted her reading skills. You also mentioned that she gets restless when she is not playing and demands for her laptop. I would like to tell you that your worry is real about her getting angry at you and perhaps behaving rudely in future for the same, if not taken care at this stage.

There are few things that you can do here, for helping her and also yourself in this situation. I will start with you first: as a parent you have to train her and make her understand her responsibilities as she is very young and needs to be dealt with patiently. She will demand what she wants but you cannot always
fulfill them all the time. Also, be aware she will make her decisions and you can only teach her to make healthy choices and be responsible for the consequences that follow.

With her, you can start with talking about the pros and cons of online gaming, you can speak about the online security part and the impact it would have on her, if she only focuses on the screen. You can mutually decide the gaming schedule, which will be helpful in the long run. Furthemore, you can tell her about the consequences, and make her aware of them as well, so she knows she has to face them.

Finally, initiate other activities with her, such as going out, playing on the ground, art and craft, etc. which will additionally help her in bonding with you. You can also consult a psychologist for further and regular guidance if you feel the need to do so.

ADDED SUGARS SHOULD BE AVOIDED IN CHILDREN BELOW TWO YEARS OF AGE: KNOW WHY

HEALTH BYTES

Every parent would relate to the experience of feeding their child a mashed fruit or vegetable and receiving only groans, rebellion or at times the entire food item back from the mouth itself. Feeding them sweet things like apple sauce or a piece of tart would literally be a cakewalk where you would also receive a cackle or two on complimentary basis. The latter seems much easier and rewarding in comparison to the former but in the formative years of the child, it is important to take care of everything that the child consumes on a daily basis.

Feeding high sugar items to your child in his/her first two years, especially items that contain added sugars can have adverse effects on the development of the child. Added sugars are added during the processing of food. In foods such as sweeteners, syrups and fruit/ vegetable juices, sugars are added. Yoghurt, baby snacks, fruit drinks, desserts and sweet bakery products should especially be proscribed from children's diet.

WHY SHOULD WE ELIMINATE THEM

For proper growth of children in the first twenty four months after birth, a lot of nutrients and calories are required. Even though foods with added sugars are rich in calories, they lack nutrients. Children already eat limited amounts of food during these years, and to ensure that the food that they consume is beneficial for their body, foods with added sugars should be eliminated.

LONG TERM CONSEQUENCES

Children who are fed high sugar foods in their initial years are more likely to develop obesity, cardiovascular disease and tooth decay at a young age. This is because people end up preferring foods they have been fed during the initial 24 months of their lives. Since long term preferences are shaped by their initial food habits, people end up craving sugar. On the other hand, they only accept bitter foods like healthy vegetables if they have been accustomed to it from an early age.

SOLUTIONS

Since it is tough to completely eliminate added sugar from their daily diet, and accommodate healthier options like green vegetables, it is important to find a middle ground. This will allow you to keep a check on your child's health and allow him/her to have the sweet food they wish for.

Try to ditch sugar while preparing meals for your child. For example, you example, you can substitute sugar with organic honey in lemonade, milk shake and smoothies. Checking label of everything that you buy for your child's consumption is also an important step that can be taken in order to completely avoid any added sugar. It is also crucial to remember that added sugar is not always listed as it is but in tags such as 'sweetened', so look out for that. Most importantly, remember that homecooked food is always better than packaged food available in market shelves.

WHEN DO GIRLS AND BOYS STOP GROWING?
HERE ARE THE BEST WAYS TO INCREASE HEIGHT

LIVE SMART

INCREASING HEIGHT ISN'T AS TOUGH AS IT MAY SEEM

A lot of factors determine the on-set, duration and effects of puberty in both, girls and boys, especially their growth and height. One of the main effects of puberty is increased height, which marks the transition into adulthood. Here are some ways to increase height for both genders

ADOLESCENTS GO THROUGH MULTIPLE CHANGES, PHYSICALLY AS WELL AS MENTALLY

Girls and boys grow at a quick pace through infancy and childhood, after which their growth may see to stabilise for some time until they hit puberty. Puberty is defined as the phase that lies right in the middle of childhood and adulthood. To put it simply, puberty or adolescence is the transitory phase that takes one to adulthood, and is characterised by physical and mental changes in an individual. After growing at a steady and quick pace through childhood and infancy, children exhibit a sudden spurt in growth during this phase of life after which their growth may stop. Factors such as diet, exercise, genes and disease affect growth, especially physical characteristics.

PUBERTY LOOKS DIFFERENT FOR EVERYONE

One of the most prominent signs of hitting puberty is the menstrual cycle in girls and development of Adam's apple and facial hair in boys. It is after the development of these secondary sexual characteristics that the rate of growth accelerates and remains so during puberty. Studies have found that for both girls and boys, puberty mostly lasts for two to five years. In some cases, however, it can vary and last longer for some individuals or can start earlier or later. Studies by American Academy of Pediatrics show that African –American boys are likely to start their puberty earlier than Hispanic or Caucasian boys. In examining nationally representative data generated through National Health and Nutrition Examination Survey, women born in the 1980's reported age of menarche 0.2–0.4 years earlier than those born in the 1950's. Although the correlation between age at onset of breast development and age of menarche was high several decades ago (correlation up to 0.90), it appears that this correlation has decreased among more recent cohorts (correlation around 0.40), suggesting there is less shared variance between onset of breast development and age of menarche. The link between menarche and growth of height has also been intimated several times stating that a girl grows only an inch or two after menarche, but exceptions have been observed and there is insufficient data to confirm any claims.

REGULAR EXERCISE

Even though it may sound like a cliché but movement actually helps growth. Exercises like stretching, hanging from a bar, certain yoga poses help stretch the spine and elongate it, which is the primary source of growth of height. Other benefits of exercise include a balanced body weight which further facilitates growth and better HGH (growth hormone) production. Exercise also promotes mental well-being which is imperative for the body to produce enough HGH. So, exercise is crucial for good and consistent growth.

GOOD POSTURE

One's posture plays a very important role in determining the height of an individual. A poor or lanky posture can make one look shorter than they actually are and over time also affects their height. The best way to prevent this from happening is to stand, sit and sleep in a good posture. If you are not able to manage so yourself, you can also consult a doctor for the same.

DIET

A balanced diet is one of the key factors that influence the height of an individual. Eating too much carbohydrates or fats can lead to weight gain and hinder growth. Foods rich in protein, Vitamin-D and good fat promotes growth and development categorically. Including milk, fresh vegetables and whole grains in your diet will help the body repair and build itself. Ensure that your diet is rich, in terms of nutrition and avoid sugar, trans-fat and saturated fats at all costs.

YOGA ASANAS

Yoga is one of the best ways to increase height. It helps improve movement, flexibility and fixes posture. Certain postures are more helpful than others for they help stretch and elongate the spine. Postures such as the cobra pose, mountain pose, triangle pose, child's pose and warrior pose are helpful in increasing height. Practicing them regularly will affect overall stance and posture and improve fitness,too.

SOUND SLEEP

Sleeping for at least nine to ten hours every day ensures the proper functioning of the body of adolescents and release of all hormones sufficiently, especially the HGH which is released during the time we sleep. During sleep, the body recovers and builds itself which is necessary in order to grow. Disrupted sleeping patterns can lead to slow or stunted growth.