



THE TIMES OF INDIA

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**TODAY'S
EDITION**

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STUDENT EDITION

TUESDAY, AUGUST 2, 2022



Interestingly, the James Webb wasn't built to observe these types of events. Instead, it was meant to study distant planets and detect water and other signs of life in the universe



WEIGHTLIFTER ACHINTA SHEULI BAGS INDIA'S THIRD GOLD

Weightlifter Achinta Sheuli (73kg) lived up to his top billing as he clinched India's third gold in the Commonwealth Games. Favourite to win the event, debutant Sheuli heaved 313kg (143kg+170kg) to grab the gold on Day 3 of the game

OTHER HIGHLIGHTS

- Swimmer Srihari Nataraj qualifies for the men's 50m back-stroke final
- Men's table tennis team sealed their semi-final berth with a 3-0 win over Bangladesh
- Boxer Nikhat Zareen storms into the quarter-finals of the women's light flyweight 50kg category
- Women Lawn Bowls team reaches historic final



James Webb detects its first supernova!

James Webb may have captured an image of its first **supernova**. The team behind the telescope is confident that it's a supernova due to the object's brightness. The object is much brighter than the rest of the galaxy. The detection could possibly open up an entirely new area of research possibilities, scientists say. Spotted in galaxy **SDSS.J141930.11+5251593**, the supernova is some 3 to 4 billion light-years from Earth. The bright object dimmed over a five-day period. What is additionally exciting is the fact that JWST was not designed to find and detect new transients.

WHY IT MATTERS

Old, distant supernovae could help astronomers better understand the very fabric of the universe, and how it's stretching and expanding over time. Most physicists now agree that the universe is expanding, and that expansion is speeding up thanks to a 1998 study which used a specific type of supernova to help measure distances between objects in the cosmos

What is a Supernova?

A supernova (plural supernovae) is a powerful and luminous explosion of a star. Its luminosity after eruption suddenly increases many millions of times its normal level

What causes a supernova?

A supernova is caused by the "last hurrah" of a dying massive star. This happens when a star at least five times the



mass of our sun goes out with a bang! Supernovae explosions release not only tremendous amounts of radio waves and X-rays but also cosmic rays

How bright are they?

These spectacular events can be so bright that they outshine their entire galaxies for a few days or even months. They can be seen across the universe

Supernovae are tricky to detect since the explosion itself lasts only a fraction of a second. The bright bubble of dust and gas that these stellar deaths generate fades after only a few days, so a telescope needs to be looking in the right direction at the right time to catch one

ISRO to fly new rocket SSLV on Aug 7

The Indian Space Research Organisation (ISRO) will fly its small rocket with a long winding name, Small Satellite Launch Vehicle (SSLV), for the first time on August 7. The rocket with a maximum luggage carrying capacity of 500 kg will be carrying an earth observation satellite-02 (EOS-02), formerly known as Microsatellite-2A weighing about 142 kg.

Now ISRO will have three rockets - Polar Satellite Launch Vehicle (PSLV), Geosynchronous Satellite Launch Vehicle (GSLV) and SSLV



- Piggybacking on that will be the eight kg AzaadiSat built by 750 students of government schools facilitated by SpaceKidz India
- According to SpaceKidz India, the significance of this project is that it has been conceptualised as a tribute to mark the 75th anniversary of Independence

\$1.1 MILLION
FACTOID

That's the price of a wristwatch of Adolf Hitler, which was sold at an auction recently. The watch features the initials AH and a swastika. According to the auction house, a French soldier, who was in the first unit to close in on Hitler in May 1945 at his Berchtesgaden retreat, seized it as spoils of war



Now, 'Repair Mode' on phones to keep your data hidden during repair

South Korean tech giant Samsung has announced a new feature called Repair Mode to its Galaxy devices to ensure that the personal data on Galaxy smartphone remains secure even when the repair technician is working on it. The Repair Mode allows users to selectively choose which data they wish to disclose when their phone is in for repair. Users are always concerned about their private data getting leaked or stolen from their smartphones when they send them for repair.



■ Once the Repair Mode is activated, which can be found in Settings, then Battery and Device Care menu, the smartphone gets rebooted ■ After that, nobody will be able to access data, including photos, messages, accounts, etc., and only default apps will be accessible ■ To come out of the Repair Mode, the user needs to exit the mode by rebooting the device and authenticating through fingerprint or pattern recognition

**THIS DAY
THAT YEAR**
AUGUST 2, 1907

Bhikaiji Cama hoisted the first Indian flag in Stuttgart



On August 2, 1907, 46-year-old nationalist **Bhikaiji Cama**, who was in Stuttgart, Germany, attending the International Socialist Conference, unveiled the Indian flag before the world and sought their support for the country's freedom from the British oppression. That small act succeeded in drawing big attention to India's yearning and struggle for independence, before the global comity, embarrassing the British rulers. The flag, later smuggled into India and currently housed at a Pune museum, was jointly designed by Bhikaiji Cama and Shyamji Krishnavarma and later inspired the national tricolour that was created for independent India.

Her flag comprised a green stripe at the top with eight lotuses in bloom symbolising the country's provinces, 'Bande Mataram' scribbled at the centre in Hindi on the saffron stripe, along with a sun on the left and a crescent moon on the right, symbolising Hinduism and Islam

Born into a Parsi merchant family to Sorabji and Jajibai Patel on September 24, 1861, Bhikaiji Patel was drawn to the fledgling Indian freedom struggle at a very young age, as it was taking baby steps after the historic First War of Independence of 1857

**Quote
unquote**

The Constitution is meant for every citizen. Every individual must be made aware of his/her rights and duties. We have a collective duty to promote constitutional culture and raise awareness. It should be the endeavour of law schools to explain the constitutional provisions in simpler terms and assimilate its ethos into the minds of the people. A Constitutional Republic shall only thrive when its citizens are aware of what their Constitution envisages


NV Ramana, Chief Justice of India


Kargil War: Point 5140 at Drass in Kargil Sector named as 'Gun Hill'

The historic Kargil War post Point 5140 at Drass in Kargil Sector has been renamed as 'Gun Hill' to commemorate the victory of the Indian Armed forces, and pay homage to the supreme sacrifice of the Gunners in 'Operation Vijay' during the Kargil War

- Point 5140 was the highest army-occupied post during the Kargil war and captain Vikram Batra had led from the front to capture it
- Point 5140 was the key factor in the early completion of operations in the 1999 Kargil war

COMMONWEALTH GAMES 2022

LEADERSHIP 101

TOP LEADERSHIP QUALITIES DEVELOPED BY PLAYING SPORTS

Playing sports provides participants with opportunities to develop leadership skills along with the development in communication and team building. These skills enable people to function effectively as good leaders. Here's how sport helps us become better human beings

1. LEADERSHIP SKILLS

Sports enables us to emerge as strong leaders. Playing a sport (any kind) will help you engage better with your peers. You will also learn team coordination in order to obtain the desired output.

2. PHYSICAL GROWTH

Physical activities and exercise promote muscle and bone growth which is pivotal in developing a good physique. Healthy habits can promote cell, hormonal, glandular immune and organ activity. If you are physically fit then you can concentrate better on your studies too.

3. BALANCED SLEEP

After a game, the body gradually triggers hormones that induce sleep. Such hormones soothe and calm the body; and we all know how crucial sleep is for our physical and mental health.

4. CONFIDENCE AND SELF-ESTEEM

While playing, you learn about your strengths and abilities that make you unique from your peers. Self-analysis is advised because it will help boost your self-esteem. When you get rewarded or appreciated in a tournament, it will also build your confidence and the ability to face new challenges or assignments.

**5. TEAMWORK**

Sports allow you to coordinate better with your fellow mates. A team may consist of people from different gender, caste, race, ethnicity or belief system, yet what brings everyone close is the sport you play together. You learn certain creative and smart skills from one another. Many times such a sports circle allows you to share personal problems too. You get to have your support group for any problems.

TELL US MORE

Are you a part of a school sports team? Do you think playing has helped build your self-esteem, if yes, how?

WRITING PROMPTS

1. Keep your article short and crisp (around 70-80 words)
2. Start with describing your sports team and why you chose that particular sport.
3. Write about achievements while playing the game and how that helped you to build confidence.

Send your article to toiniel75@gmail.com



4 top techniques to IMPROVE CONCENTRATION

MAKE A TIME PLAN

It is a must to have a plan in mind. If you set a time target to achieve a certain task, adhering to it will give you a sense of accomplishment. This is what will keep you on task. Also, it will lessen any distractions by increasing your drive towards your goal.

NEVER BE NEGATIVE

If you think your concentration power is bad, so it will be. Stop thinking about negatives and start focusing on positives. Positivity is a habit which needs to be inculcated in your behaviour.

CONTROL YOUR THOUGHTS

This is easier said than done and will only happen through practice but you must try to control your wandering mind while you are at work. Here's a trick: Try to cut irrelevant thoughts off in between by relevant thoughts.

AVOID MULTI-TASKING

Although, it is an age of multi-tasking and the ability to multi-task is considered as a strength you must possess, it isn't a thing you should indulge in. Millennials and corporates are realising this, and now the focus has shifted to mono-tasking. This is because multi-tasking doesn't let you focus on the more important thing at hand.

I AM GROOT

THREE QUALITIES TO LEARN FROM THE MARVEL CHARACTER

The Marvel Cinematic Universe (MCU) has dropped another series trailer: 'I am Groot'. The series is a 'Guardians of the Galaxy' spin-off, starring Baby Groot. Even though Groot is not a traditional superhero but his power is his soft skills.

Here are three characteristics that make him a true, if unconventional, leader and superhero.

1. THE HEART IS A MUSCLE TOO

At the beginning of the story, Groot is introduced as Rocket's muscle. They are both bounty hunters, with Rocket as the brains and Groot the brawn. It does not take long to realise that Groot is more than muscle. He is a reminder to Rocket, and then the rest of the Guardians, that heart matters.

When they encounter a small group of children in Knowhere, Peter tells them to watch for pickpockets. Groot has nothing to take. Instead, he gives what he can to a little girl – he grows a daisy in his hand and shares it with her.

As leaders, we have a lot of power, or muscle, at our disposal. What could we accomplish if we exercised our heart as much as the rest of our muscles?

2. OUR LIMITATIONS DO NOT DEFINE US

Groot can speak three words. I, am, and Groot – in that order. Imagine if you only had three words in your entire vocabulary. In spite of — or maybe because of — this limitation, he must find

other ways to share what he's thinking and feeling. As a result, his actions take on even more power than his words.

Groot refuses to let his limitations define him. He may not always have the words to describe how he feels, but he demonstrates love, friendship, and loyalty without having to utter a single one.

How much more could we do if we were not so worried about what we don't have?

3. SOMETIMES, IT'S ENOUGH TO BE THE LIGHT THAT BRIGHTENS SOMEONE ELSE'S WAY

When the Guardians break into the Black Aster, everyone has a role but Groot. When they land, it is pitch dark and no one can see. Groot opens his hand and small points of incandescent flowers float into the ship.

This is a moment of stunning beauty in the middle of a war. What he brought was not strength or cunning. He brought light to the darkness. As friends, mentors and leaders, our job is not always to fix. It is not always to defend. Sometimes, those we care for just need a bit of light when they feel lost in the darkness.

**EXPERT SPEAK**

With the recent announcement of CBSE class 10th and 12th exam results, there's much turmoil in a student's life. 'Times of India' spoke with experts Dr Jyoti Kapoor Madan, senior consultant psychiatrist at Paras Hospitals, in Gurgaon, Dr Sunil Pawar, consultant psychiatrist, Columbia Asia Hospital, Ghaziabad, and Jitin Chawla, career counsellor at Centre of Career Development, to know how students should tackle the situation of low grades.

If you are one of those seeking help and wanting to deal with post-result depression, you need to keep the following things in mind.

1 FOCUS ON THE BIGGER PICTURE

We know it's easier said than done when you are in a grim mindset, but try. Look at your life five years down the lane. If your 10th grades are low, it's a much small cause of worry because you still have two years to get a better score. Analyse where you went wrong and do not blame your friends, family, study environment or any other factor. They all are insignificant if your will is strong. However, if your 12th marks are not up to the mark, look beyond the current situation, says Jitin. In an entire universe of uncountable planets, a million stars, innumerable galaxies, a measureless number of people and everything infinite, you cannot be worried about a two-digit number. Get over it. Explore what you are actually good at and give it a try.



How to handle low scores and poor EXAM RESULTS

**2 OPEN YOUR MIND TO CHANGES**

Both Dr Jyoti and Jitin believe that a student cannot be stuck at one thing. "When you are only 15 to 17 years old, chances are that your choices are mostly parents-decided or peer-pressure-induced. Understand that they can change," says Dr Jyoti. One must also not be stuck at Delhi or Mumbai, says Jitin. Be open to change and relocate for college education and life will have good in store for you.

3 GIVE YOURSELF TIME TO RECOVER

Life does not end with bad results, say Dr Jyoti and Dr Sunil. You need not be too harsh on yourself. This period of anxiety and pressure will soon pass. Understand that everyone needs time to handle disappointments. Figure out what you are disappointed with and try to work on that. If it's your own performance, give yourself another year. A year in an entire life of seventy years isn't big a deal, is it?

**SPIT IT OUT**

4

For Dr Sunil, communicating is of utmost importance. "If you are feeling low and guilty about not performing well, never swallow your feelings. They are better outside your body. Talk to someone you trust," he says. Or if you do not think that anyone will understand, believe us, at least, one person out there will. It could be your teacher, a parent, a sibling or a friend. If you still have doubts about opening to anyone, call up a helpline number.

**GET OVER COMPARISON**

5

Not everyone can be a topper – this clichéd line holds much worth if you simply believe in it. Maybe, the neighbour's son is indeed excellent but not yours. Accept and own the true skill set of your children and be proud of it. The 'C' of comparison is the worst devil and all three experts – Dr Jyoti, Dr Sunil and Jitin – advise against it.

6 KNOW ABOUT THE NEW-AGE CAREERS

There are many, many new careers that are upcoming and never existed earlier, says Jitin. Being an FMS graduate, Jitin dropped out of a corporate job to start his own career counselling business, much to the dismay of his professor-dad. But now, he isn't just earning money, he has success, fame and satisfaction. There are many new jobs that have recently come up in the market. Explore them. There's enough room for all of us.