



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION
TUESDAY, SEPTEMBER 6, 2022

MP Govt reduces weight of school bags

In 75th year of freedom, India overtakes UK as 5th largest economy

The timing couldn't have been more symbolic. Seventy-five years after it attained freedom at midnight, India now has an economy larger than that of its erstwhile colonial master. India has overtaken the UK to emerge as the fifth-largest economy in the world, and is set to become the third largest by 2029, reports said on Saturday. The report said that the sterling has also underperformed the dollar relative to the rupee, with the pound falling 8% against the rupee this year.

The calculation is based on US dollars, and India extended its lead in the first quarter, according to GDP figures from the International Monetary Fund

1 The IMF's forecasts show India overtaking the UK in dollar terms on an annual basis this year, putting the Asian powerhouse behind just the US, China, Japan and Germany

2 A decade ago, India ranked 11th among the largest economies, while the UK was 5th

3 In a separate report, the State Bank of India (SBI) said that India had surpassed UK as the fifth-largest economy as early as December 2021. The share of India's GDP is now at 3.5%, as against 2.6% in 2014, and is likely



to cross 4% in 2027, the current share of Germany in global GDP, according to the SBI report

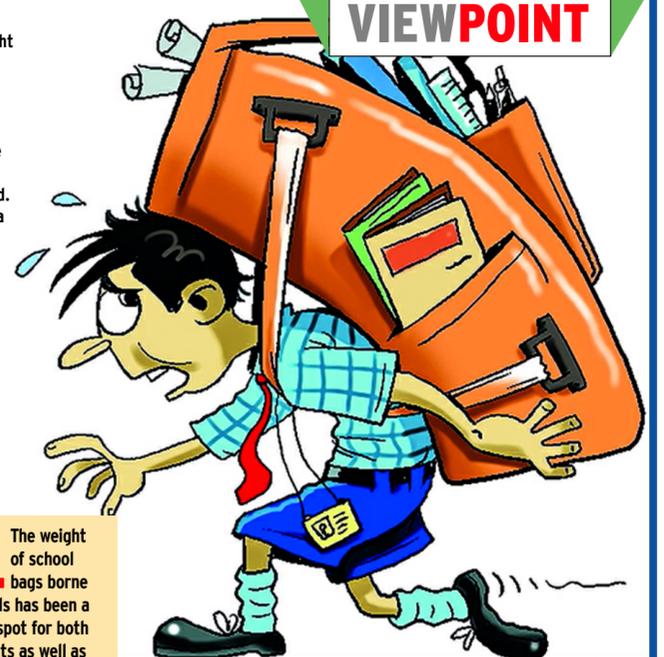
4 Compared to the gloomy global picture, India is the only economy that looks promising. It is expected to be the fastest growing major economy amid the global slowdown, it added

One bag-less day in a week!

The Madhya Pradesh government has decided to reduce the weight of school bags drastically, and its new policy exempts students from 1.3 lakh schools in the state from carrying bags once a week, as per an official circular. Under its School Policy 2020, along the lines of the National Education Policy, the Madhya Pradesh School Education department has come out with a lightweight school bag policy. The specified weights of school bags for different classes will be displayed on notice boards in schools. The new rule should be followed with immediate effect, it said. As per the circular, a day in a week will be "bag-less" for students and dedicated to co-curriculum activities.

The new guidelines direct schools to teach subjects such as computers, moral science, general knowledge, sports, physical education, health, and arts without books

- With the new policy, students of classes I and II will have to carry school bags weighing 1.6 kg to 2.2 kg while classes III, IV and V from 1.7 kg to 2.5 kg. Students of classes VI and VII will have to carry school bags weighing 2 to 3 kg, class VIII from 2.5 kg to 4 kg, and classes IX and X from 2.5 kg to 4.5 kg
- Schools should determine the weight of bags according to different streams for classes XI and XII, it stated



1 The weight of school bags borne by kids has been a sore spot for both parents as well as institutions for many years. In 2015, a petition was filed by a Pune-based activist in the Bombay high court in this regard

2 A study in 2015 by Mumbai's largest public health facility, KEM Hospital, said that heavy bags are a prominent cause of Low Back Pain (LBP) amongst school going children. The study found that nine in 20 children had complained of back pain caused by heavy school bags. The problem is so severe that many parents take time off their work to help their children carry the bags

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EXO's Xiumin to drop 1st solo album 'Brand New' on Sept 26

Xiumin of K-pop boy group EXO is slated to bring out his first solo album 'Brand New' on Sept 26, more than a decade after debuting as part of EXO. The upcoming album will offer five tracks of "various genres," according to his management company SM Entertainment. But the agency did not reveal more details about its lead single.

- Xiumin is the seventh EXO member to put out a solo album, following Baekhyun, Chen, Suho, Lay, Kai and D.O
- The 32-year-old, whose real name is Kim Min-seok, debuted as an EXO member in 2012 with the tune, 'MAMA'. EXO was catapulted to prominence with its smash-hit 'Growl' in 2013 and has since dropped popular songs such as 'Call Me Baby' (2015) and 'Ko Ko Bop' (2017)
- Xiumin is also part of EXO-CBX, the first official sub-unit of EXO that was formed in 2016. EXO-CBX consists of three members - Baekhyun, Chen and Xiumin - and made its name known to the public with the tracks like 'Hey Mama!' (2016) and 'Blooming Day' (2018)
- Xiumin has also been pursuing an acting career after making his big screen debut in the 2016 movie, 'Seondal: The Man Who Sells the River'
- He was discharged from compulsory military service in 2020

NEWS IN CLUES

Who's the only US president to make two official visits to India?

CLUE 1: The 61-year-old, who was born in Honolulu, Hawaii, served as America's 44th president.
CLUE 2: He's won two Grammys - the Best Spoken Word Album for abridged audiobook versions of Dreams from My Father (2006) and The Audacity of Hope (2008).

CLUE 3: In 2009, he became the fourth US president to be awarded the Nobel Peace Prize and the third to become a Nobel laureate while in office.

Answer: **BARACK OBAMA.** The former US president won the best narrator Emmy Award for his work on the Netflix documentary series, "Our Great National Parks". Obama is the second president to have an Emmy. Dwight D Eisenhower was given a special Emmy Award in 1956

Quote unquote

Age is not what the body tells you...but what your mind tells the body. Teenagers can solve world's biggest problems, adults can pick up something new and excel. Sport inspires society to push limits and achieve the impossible

Sachin Tendulkar on Serena Williams' retirement from Tennis



NASA not to go for Artemis I launch in early Sep after 2 failed attempts

The US space agency, NASA, has decided not to attempt the launch of the Artemis I Moon mission in early September as the teams were reviewing options after two failed attempts. After standing down on Artemis I's second launch attempt on Saturday, when engineers could not overcome a hydrogen leak in a quick disconnect - an interface between the liquid hydrogen fuel feed line and the Space Launch System (SLS) rocket - mission managers met and decided they will forego additional launch attempts in early September. The US space agency on August 30 scrubbed the mission launch for the first time owing to technical glitch with one of the SLS rocket's engines.



Indian Navy gets a new ensign

Prime Minister Narendra Modi on Friday unveiled a new naval ensign inspired from the Maratha King Chhatrapati Shivaji. An ensign is essentially a flag bearing a particular design that is carried by vessels or formation of a naval force, indicating its identity, and denotes nationality, especially in the high seas...



The new ensign has dropped the horizontal and vertical red stripes that symbolised the Cross of Saint George, reminiscent of the colonial era, which existed in its previous version

An octagonal shape with twin golden borders in its fly area that draws inspiration from the seal of the Maratha ruler has been incorporated. The blue octagonal shape encompasses

Over the years, the Naval ensign was changed many times. The first ensign of 1947 was changed in 1950. Later, it underwent changes during 2001, 2004 and 2014

The Indian Navy draws its origin to the colonial period, and before assuming its identity as a naval force of an independent India, its nomenclature has undergone multiple changes over the last few centuries, spanning the rule of the British East India Company to the direct rule under the Crown after the 1857 Mutiny and eventually the country earning Independence in 1947 and becoming a Republic three years later

SHIVAJI CONNECTION

Chhatrapati Shivaji, "the father of the Navy", to whom Prime Minister Narendra Modi dedicated the new Indian Navy Ensign on Friday, "was unquestionably the first ruler in India to have realised the need for protecting the coast", Manohar Malgonkar writes in a book published in 1984

the National Emblem sitting atop an anchor depicting steadfastness. It is superimposed on a shield with the Navy's motto 'Sam no Varunah', meaning: 'Be auspicious unto us Oh Varuna',

according to a video released by Navy. The octagon represents the eight directions symbolising the Indian Navy's multi-directional reach and multi-directional operational capability, it said

LEADERSHIP 101

Challenges you can face as a leader

Being a leader is not a cakewalk. Inspirational leaders feel passionate about the vision and mission; and they are able to share that passion in a way that enables their teammates to feel passionate too. Leadership can change the mindset of people. It can create action where there was hesitation; courage where there was doubt; optimism where there was cynicism, and strength where there was fragility. However, there are many challenges a leader can face. Here are a few tips to deal with, and overcome, these challenges



10 LEADERSHIP COMMANDMENTS YOU STAND BY...

Write to us in 10 points about what your rules about leadership are. Once you are done with the list, tell us how best to differentiate between a leader and a boss? Don't forget to mail this note to us at toinie175@gmail.com

MANAGING PEOPLE

Making people work together is a big challenge. Remember, for any problem in the team, you will be held responsible. In case of misunderstandings and conflicts, intervene immediately. Listen to both parties and resolve the problem at the earliest. As a leader, you are the face of your team. It is your responsibility to ensure your classmates are happy with their studies, and about the time they spend in school.

RESPONSIBILITY

A leader needs to stand by her/his team members in times of crisis. You can't run away from the situation. Make your peers feel comfortable. Do not force them to respect you - respect is always earned, never demanded. You need to inspire your team members for them to look up to you and treat you as their mentor.



AVOID FAVOURITISM

As a leader, you need to be impartial towards everyone. Not everyone has the quality of being fair towards people. As humans, we tend to like some people more than others. But you cannot make those feelings apparent. You are not the leader of people you like. Being a leader requires you to set an example of how to deal with everyone's problems - even if those problems seem unfair or petty. Fairplay and perseverance are two cornerstones of being a good leader.

GAINING TRUST

A leader has to win the trust of his/her subordinates. And that is a big challenge. A leader, most importantly, has to understand the psychology of individuals and never feel bad about the sudden change in the behaviour of peers and classmates. Try to put yourself in their shoes. Do not display bossy attitude. Sit with your friends and make them realise that your job is not to rule over them but work as a team.

HOW DO TEACHERS HELP YOU ACHIEVE SUCCESS?

OUR TEACHERS, OUR LEADERS!

M.S. Kurhade (Speaking Tree)

The teacher is an inspirational figure who has the power to make a difference in the life of a student. It is imperative that teachers are good role models. Honesty, integrity, simplicity, punctuality and discipline must be core values of every teacher. Good teachers create a healthy learning culture.

The methods and strategies of good education are many and varied: the selection of which depends on the values chosen, the sources of development of these values and many other limiting factors. The entire curriculum functions as an important source of value for education. Teachers and teacher educators are to be prepared as value educators with reference to the concrete realities in which they have to function. Teachers can provide complete and meaningful governance only when they are committed, devoted and self-disciplined.

The ethics of teaching are based on the rich ethical inner self of the teacher. It never operates in a vacuum. The teacher is now not just a dispenser of knowledge, but initiates students into the art



of learning by helping them acquire the right mental attitude and learning habits. A teacher doesn't just instruct pupils. They inspire students; influence the life and character of his students.

As John Wooden (legendary American basketball coach) said: "I think the teaching profession contributes more to the future of our society than any other single profession." Such is the impact of the teacher in

shaping the future of society. Teachers would be 'enlighteners of the inner worlds, who would know how to harmonise your life in the interest of all.

They would be able to influence other people to establish peace and harmony around them. Their goal would be to attain inner and world peace. So, the crux of the matter is that a teacher is expected to be a fine human being and an inspiring role model. That is the core of an ideal teacher.

4 life lessons for us to follow

As human beings, we face daily challenges. With a plethora of information out there it's difficult to zero in on which ones to follow. There are some advice on self-improvement, though, that are universal and timeless. Here are 4 easy advice that has the potential to change your life.

ACTIONS SPEAK LOUDER THAN WORDS

1 Well, words will always win hearts but actions have the power to win faith and trust. If you have somebody's faith and trust, you have them by your side for life. To set a benchmark for yourself, you must follow up and keep up with what you say. Own your words - and with action - show people that you mean every word you say.

WORK HARD - BUT NOT TOO HARD

2 You should definitely work as hard as you can. But never make work your whole life. You are here to learn certain lessons and progress but you also need to give yourself a break on a daily basis. Work hard but do not overindulge yourself in it - you won't benefit from it.

FAILURES ARE LESSONS IN DISGUISE

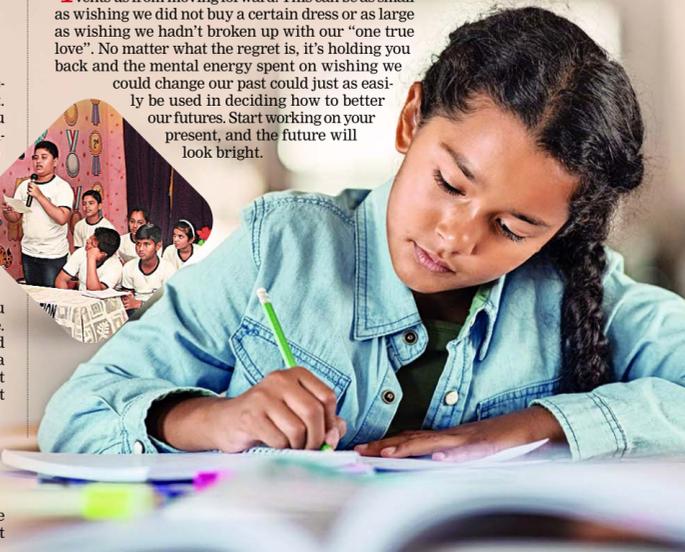
3 Every failure is a stepping stone. You have learned what you had to and now you must

move forward. Every failure is a lesson in disguise. Do not be affected by it. Learn the lesson and move on to the next thing.

LIVE WITH NO REGRETS

4 Living with regrets keeps us in the past and prevents us from moving forward. This can be as small as wishing we did not buy a certain dress or as large as wishing we hadn't broken up with our "one true love". No matter what the regret is, it's holding you back and the mental energy spent on wishing we could change our past could just as easily be used in deciding how to better our futures. Start working on your present, and the future will look bright.

ART OF LIVING

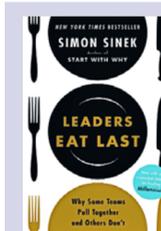


MOTIVATION VIA PAGES

Books to guide you to

LEADERSHIP, PERSONAL GROWTH

Leadership books are resources that teach competencies, skills, and best practices to follow. These works analyse which qualities great leaders share, and provide a framework for building effective teams. Here is a list of new releases - and old bestsellers - that you can pick up from a book store

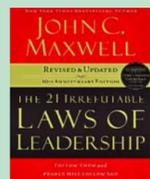


LEADERS EAT LAST BY SIMON SINEK

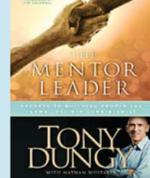
Simon Sinek draws inspiration from military principles. The concept in question: high-ranking officers eat after their men, putting their juniors' need before their own. Sinek makes the case that people-first leadership makes crews feel supported and respected. These feelings, in turn, compel employees to exhibit loyalty and exceed expectations. Sinek states that trust and psychological safety are the keys to excellence, illustrating this argument with multiple examples from different types of organisations around the world.

THE 21 IRREFUTABLE LAWS OF LEADERSHIP BY JOHN C MAXWELL

This book outlines clear guidelines for leaders to follow to maximise influence and ensure that employees achieve a common vision. The book shares wisdom such as "leadership develops daily, not in a day," and "leaders understand that activity is not necessarily accomplishment." The book explains each rule plainly and provides anecdotal examples, covering every aspect of leadership from attracting and forming teams to securing legacy by planning for succession.



THE MENTOR LEADER: SECRETS TO BUILDING PEOPLE AND TEAMS THAT WIN CONSISTENTLY BY TONY DUNGY



Tony Dungy is a celebrated former NFL coach, and this work is a valuable leadership book. The book explains how to elevate those around you towards success with one simple principle: "your only job is to help your players be better." Dungy outlines the critical elements of mentor leadership - introspection, an altruistic mindset, and modelling values. 'The Mentor Leader' demonstrates how to maximize team potential and drive individuals toward optimal performance.

LEADERSHIP: IN TURBULENT TIMES BY DORIS KEARNS GOODWIN

Leaders have a lot of pressure to lead their team through times of turmoil. Perhaps, the guidance leaders most need is on navigating a crisis, and reassurance that history's greats encountered comparable challenges. 'Leadership: In Turbulent Times' analyses the obstacles faced by four American presidents: Abraham Lincoln, Theodore Roosevelt, Franklin Roosevelt, and Lyndon Johnson. Goodwin's work examines the struggles, triumphs, and tactical approaches of each subject, holding each president up as an example of how to turn tragedy into achievement. This book is a masterclass in crisis management and transformational leadership, as well as a roadmap out of dark times.

