



# THE TIMES OF INDIA

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TODAY'S EDITION

> The UK's new PM Liz Truss shares tips on the qualities required to become a successful leader

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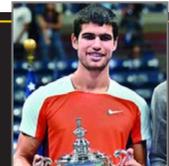
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STUDENT EDITION

TUESDAY, SEPTEMBER 13, 2022



He will be known as King Charles III - the first decision of the new king's reign. He could have chosen from any of his four names - Charles, Philip, Arthur, George

X-PLAINED

## How Charles is king of Australia, New Zealand and Canada



### 1 WHY WAS CHARLES PROCLAIMED AS THE KING OF THESE THREE COUNTRIES: Canada, Australia and New Zealand are part of the 'Commonwealth realm'. A Commonwealth realm is a country, which recognises the British monarch as its head of state. There are 14 Commonwealth realms, excluding the UK. Notably, the constitution and the law of some of these countries clearly mention about this position.

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### 2 WHICH COUNTRIES ARE PART OF COMMONWEALTH REALM: Besides Australia, New Zealand and Canada, the Commonwealth realm includes Antigua and Barbuda, The Bahamas, Belize, Grenada, Jamaica, Papua New Guinea, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, Solomon Islands, and Tuvalu.

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### 3 ARE THESE COUNTRIES NATURALLY GOVERNED BY THE BRITISH MONARCH: While Canada, Australia, and New Zealand are all constitutional monarchies (system prescribed in their constitution), in some other cases, a change or law or statute may be required before Charles III is proclaimed as head of state. Interestingly, experts say some states may call for a referendum on this. It is believed that Jamaica is one such example, and it could follow its regional neighbour Barbados, which left the Commonwealth after becoming a republic in 2021.

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King Charles III was officially named monarch in Australia and New Zealand on Sunday, in tandem ceremonies marking his ascension to the throne. In New Zealand, Prime Minister Jacinda Ardern participated in the proclamation of accession for the King on the steps of the country's Parliament. Similarly, in Australia, governor general David Hurley proclaimed King Charles as head of state at Parliament House, accompanied by a 21-gun salute. Earlier Canada had proclaimed him as the King.

The governor general is the British monarch's representative in New Zealand and Australia

### IS THE COMMONWEALTH REALM SIMILAR TO THE COMMONWEALTH OF NATIONS?

The Commonwealth of nations is a voluntary association of 54 independent countries, almost all of which were formerly under the British rule. The origins of the Commonwealth goes back to Britain's former Empire. Many of the members of the Commonwealth were territories, which had historically become British colonies at various times - by settlement, conquest or cession. The administration of such colonies evolved in different ways to reflect the different circumstances of each territory.

They are mostly in Africa, Asia, the Americas, and the Pacific. Three European nations are part of the Commonwealth: Cyprus, Malta, and the UK itself.



The 14 Commonwealth realm countries are part of the larger Commonwealth. Of the remaining 41 member states, 36 are republics - this group includes India, Pakistan, Bangladesh, and Sri Lanka. The other five - Brunei Darussalam, Lesotho, Malaysia, Eswatini (formerly Swaziland) and Tonga - have their own monarchs.

### WHAT IS INDIA'S POSITION AS A COMMONWEALTH NATION?

India became a member of Commonwealth nations on May 17, 1945 and after attaining independence, it was one of the first countries, which decided to continue to remain as its member, despite choosing to become a republic. Choosing to remain in the organisation was India's first major foreign policy decision after independence

India accepted the king "as the symbol of the free kingdom of independent member nations, and as such the head of the Commonwealth," under the London declaration 1949

The declaration made it clear that all members were 'free and equal' while 'co-operating in the pursuit of peace, liberty and progress'



The Commonwealth is home to 2.5 billion people, a third of the world's population, the bulk of whom live in the Indian subcontinent

Q: At a time when India is shedding its colonial shadow by renaming roads, etc, is it time to relinquish its commonwealth membership status? Please share your views at [toinie175@gmail.com](mailto:toinie175@gmail.com)

## WHO releases global guidelines to boost helmet use, curb pedestrian deaths



The World Health Organisation has come up with two guidelines for policymakers on helmet use and pedestrian safety to help curb the global scourge of road traffic deaths and injuries. The guidelines, co-written by experts from the Indian Institute of Technology (IIT), on the use of helmets for riders of powered two and three-wheelers and on pedestrian safety, include new evidence and case studies.

According to top officials of WHO, road traffic crashes kill over 1.3 million people every year, more than two every minute, with nine in 10 deaths occurring in low and middle-income countries. Globally, road traffic crashes are the leading cause of death among children and young people aged between 5 and 29 years, WHO officials stated

WHO has called for full-face covering helmets, which are properly strapped on, claiming that it reduces fatal injuries by up to 64 per cent and brain injuries by up to 74 per cent

Improving road environment, strengthening legislation, and enforcement, including with actions to educate road users and change their behaviours, can significantly improve pedestrian safety, it added



## WHO WAS THE PARLIAMENTARY AFFAIRS MINISTER DURING MANMOHAN SINGH'S FIRST TERM AS PM?

CLUE 1: He also served as the chief minister of J&K.

CLUE 2: He was also Rajya Sabha's Leader of

Opposition for seven years.

CLUE 3: He is a recipient of the Padma Bhushan.

ANSWER: Ghulam Nabi Azad. The former Congress leader said on Sunday that he will announce the formation of his new political party within 10 days. Azad, who served as J&K CM from 2005 till 2008, was also the leader of Opposition in Rajya Sabha from 2014 till 2021. He was awarded the Padma Bhushan earlier this year.

## Those who feed stray dogs could be held liable if canines attack people: SC

The Supreme Court has observed that those who feed stray dogs could be held liable if the canines attack people. The apex court also said that such people should be made responsible for vaccination of stray dogs. The court further said that the stray dog feeders should also be liable to bear the cost for the treatment if strays bite people. The court also emphasised on a need to find a solution to the stray dogs' menace.



The court suggested that people who feed stray dogs could possibly keep a number or marking on the dog they feed

The court said that there is a need to maintain balance between people who feed stray dogs and protecting innocent people who are being attacked by stray canines

The bench also observed that we need to accept there is a problem of stray dogs. "Dogs may sometimes become aggressive due to lack of food or they may get an infection. The rabies infected dogs could be put in a care centre by authorities concerned," the court observed

Share your views and suggest ways on how to deal with stray dogs' menace at [toinie175@gmail.com](mailto:toinie175@gmail.com)

## APPLE MAKES IPHONE 14 SERIES MORE CLIMATE-FRIENDLY WITH RECYCLED ELEMENTS

In a bid to save the environment from the harmful impact of various metals in devices, Apple has designed the new iPhone 14 series with introduced 100 per cent recycled rare earth elements used in all magnets, including those used in MagSafe, and 100 per cent recycled tungsten metal in the Taptic Engine. The Taptic Engine uses haptic technology to provide users with tactile feedback to simulate actions, such as clicks on a stationary touch screen.

According to the company, iPhone 14 Pro and iPhone 14 Pro Max are designed to minimise their impact on the environment.



Apple currently is carbon neutral for global corporate operations, and by 2030, it plans to be 100 per cent carbon neutral across its entire manufacturing supply chain and all product life cycles

In March this year, Apple announced to use the world's first low-carbon aluminium in iPhone SE

## IN FOCUS

## WAYS TO IMPROVE CONCENTRATION



Studies, examinations and results are major causes of anxiety among school students, a survey on mental health and well-being of students by NCERT said. The survey reported that at least 73 per cent of students are satisfied with their school life, while over 45 per cent of

students are not satisfied with their body image. A total of 29 per cent of school students lack concentration, while 43 per cent of students between classes 6 to 12 have mood swings. The National Council of Educational Research and Training (NCERT) surveyed over 3.79 lakh students from 36 states and UTs.

Here are a few ways to increase your concentration level

## FIND THE RIGHT ENVIRONMENT:

The first step towards improving concentration is to find a quiet and private area to study so that disturbances can be avoided.



**BE ORGANISED:** Before starting, always ensure you have all your study material and the place you sit in is neat and tidy.

**AVOID DISTRACTIONS:** Unplug all the unnecessary electronics while studying to increase concentration levels.

**STICK TO THE ROUTINE:** If you have decided to make a time table, follow it regularly. Don't change your routines on daily basis as it may lead to confusion.

**BREAKS:** Take adequate amount of breaks while studying as it refreshes the mind and energises the body. Take minimum 10-15 minutes of break after every 3 hours.

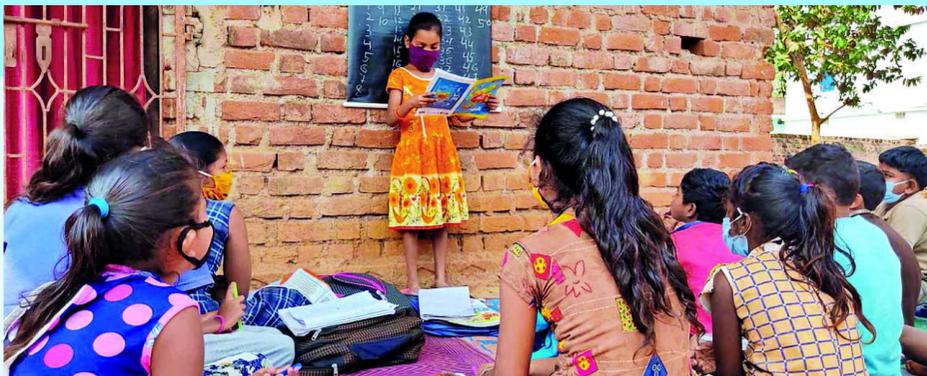
**PROPER DIET AND SLEEP:** These two are most important. A healthy diet ensures a fit body, a healthy mind avoids diseases. It is advised to avoid junk food during exams and increase intake of fruits and liquids in-between study periods. At least 7-8 hours of sleep is a must as it keeps the mind fresh and removes lethargy.

## LEADERSHIP 101

## 6 ESSENTIAL QUALITIES A LEADER SHOULD POSSESS



Liz Truss, UK's new Prime Minister, has vowed "bold" action to confront the biting economic crisis. Truss, 47, will be the country's third female Prime Minister - following Theresa May and Margaret Thatcher. In her poll campaign, Truss spoke of the difference between a leader and a great leader. She said there are some prerequisites that a great leader must possess in order to be able to lead from the front. Here are those six essential qualities...



## PURPOSE AND VISION

Great leaders can see into the future. They discover a purpose and create a vision, articulate the vision passionately, and relentlessly drive it to completion. Such people focus on the big picture and can describe that picture to their peers, partners, and followers. **1**

## PRINCIPLES AND VALUES

Leaders are defined by their inner strengths and convictions, not the outer portrayal of who they are. Your character will determine your level of leadership and your legacy. Being principled is one essential quality that will help you lead well and finish better. There are seven elements of being a principled leader: decisiveness, dedication, determination, discipline, vision, virtues, and integrity. Practise these and establish an accountability system to help keep you grounded. **2**

## PERSISTENCE AND PASSION

Great leaders are extremely persistent people. They have absolute confidence and belief in themselves and they never let rejections or obstacles to slow them down. Leaders believe that what they do is important and purposeful. The belief is the conviction that drives their passion. The conviction is communicated in the vision and nearly every statement of the leader. There's nothing more inspirational than seeing someone who cares about what they do - the best leaders exhibit boundless energy and passion for what they do. **3**

## COMMUNICATION SKILLS

Great leaders are also great communicators. They clearly communicate expectations through policies and procedures that promote ethical behaviour. They are creative, support continuous growth in themselves and others, and encourage continuous process improvement. These leaders also have the courage to take risks, make difficult decisions and accept accountability for their actions and those who report to them. **4**

## POSITIVE ATTITUDE AND CREATIVITY

Leadership is the capacity to influence and inspire others motivated by a vision, generated by a passion, produced by a belief and created by a purpose. If you want to keep your team motivated towards the continued success of the group and keep the energy levels positive, be creative. Provide motivation, advice, or even just an occasional celebration in the school. **5**



## PEOPLE SKILLS AND STRATEGIC THINKING

To be an effective leader, you need a combination of people skills and strategic thinking. Good leaders align their activities to a clearly defined mission and vision, and make strategic decisions based on sound data and proven practices. **6**

## WAYS TO RELAX AFTER A HECTIC DAY

## TAKE A CHILL-PILL

We all have times in our lives when we have a lot going on - like meeting deadlines, exams, due dates etc, which can affect our stress levels and put our health at risk. Kanchan Naikawadi, director, Indus Health Plus (P) Ltd, has listed the 5 ways to unwind after a hectic day.

## Take 5-minute breaks every hour

Take 5 minutes for yourself if you have a busy study schedule. No matter how efficiently you can study your lessons, you'll always get distracted and let your mind wander. So, step out of your room for a breath of fresh air and mild exercise to improve concentration levels.



## DRINK ENOUGH WATER AND EAT HEALTHY FOOD

It is tempting to order pizza, but it really pays off to take time to cook and eat nutritious and healthy food. Not only will it help you keep fit, it will also boost your mood. A full happy stomach always keeps us upbeat and energised.



## STRETCH

A great way to relax is to simply stretch. Try to feel your body and pay attention to your breathing. A simple stretch relieves muscle tension and can do wonders for improving your focus at studies.



## TAKE A NAP

It's easy to think that a few extra hours of study will do you good, but it won't. Sleep is important so make sure you get plenty of it.



## MEDITATE

You do not have to go on a retreat to the mountains to feel relaxed. Five minutes of quiet time is all it takes to reap the benefits of meditation and relieve stress and depression. So find a comfortable spot, concentrate on your breathing, and feel the stress melt away.

## THE FOUR A'S OF SUCCESS

Swami Tejomayananda/ Speaking Tree

The simple definition of success is the achievement of the desired goal. When we talk about success, we should be clear about two things: our goal should be noble, and we must have the means to achieve it. Why do you think some people are more successful than others? That brings me to 'The four 'A's of Success'.



**APTITUDE:** It is your natural interest. What is it that you have an aptitude for? Many times, people are forced to do certain things for which they have no aptitude at all. Their heart is just not in what they are doing. They might achieve what they set out to do, but deep within, they are not happy. If you are doing something which interests you and for which you have a natural aptitude, there is a greater likelihood that you will succeed in it.

**ABILITY:** Ability may be physical or mental. It can be called our potential. We want to succeed; yet why do we fail? We've got the potential to perform, but the problem is we do not perform up to our potential, or rather, our full potential. That's because we put in half-hearted efforts. This is the reason for failure.



**ASPIRATION:** People may have an aptitude to do something, and even find themselves in situations that allow them to do what they like. But aptitude alone is not enough. You must aspire to achieve success in that particular field, be it in science, commerce, economics, politics, education or social work. Aspiration is loftier than ambition. It is inspiration-driven. It has none of the ego and possessiveness that accompanies ambition.

**APPLICATION:** It is just performing according to our potential. Many parents complain that though their children are very talented, they never apply themselves to the task at hand. If you have talent but don't apply your mind to what you are doing, what can you achieve? Sometimes a person who does not have talent, but applies his mind, is more successful than a person who has the aptitude and ability but lacks application.

