



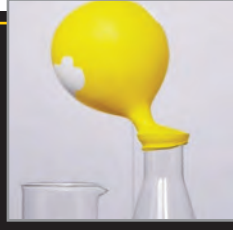
THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

▶ Did you know you can make CO2 and blow up a balloon with it?

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▶ For parents: Are you struggling to communicate with your teenage sons? Try these simple tricks

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▶ A look at the top performers of India vs Australia T20I series

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STUDENT EDITION

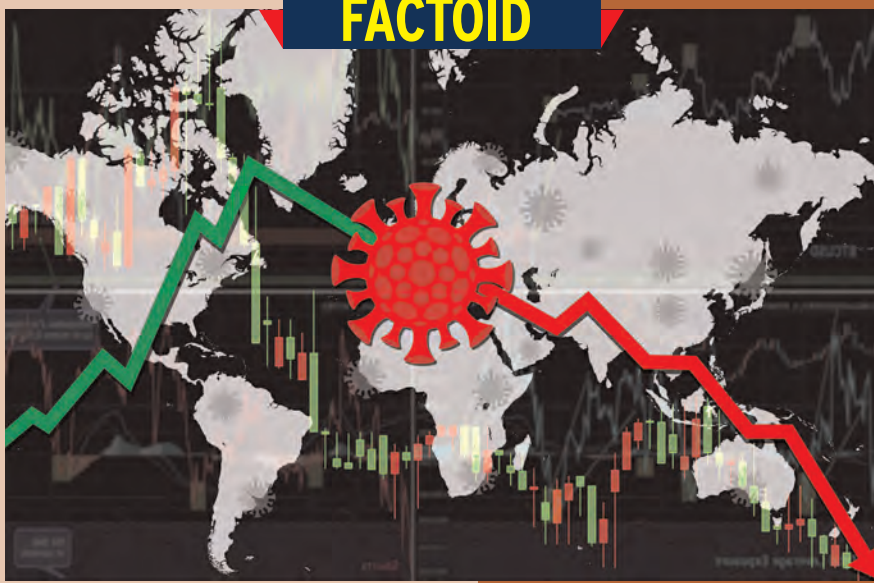
FRIDAY, DECEMBER 11, 2020



WEB EDITION

CLICK HERE: PAGE 1 AND 2

FACTOID



\$11 trillion

The economic losses incurred on the global economy, courtesy Covid-19, according to a latest analysis by experts from the fields of medicine, economics, environment and conservation.

\$5 trillion

GDP the world may lose in 2020. According to experts, the willingness to pay for the lives lost constitutes many additional trillions of dollars. These costs exclude the rising tally of morbidity, deaths from other causes due to disrupted medical systems, and the loss to society of foregone activities due to social distancing.

\$5.9 trillion

The total losses due to deaths

▶ The paper, authored by 17 experts and published in 'Science', reads that for a century, two new viruses per year have spilled from their natural hosts into humans, MERS, SARS and H1N1 epidemics, the HIV and Covid-19 pandemics testify to their damage

▶ Compared to the estimated cost of Covid-19, the paper (Ecology and economics for pandemic prevention) claims that spending \$260 billion to \$270 billion over 10 years would substantially reduce the chances of another pandemic on the scale of the current outbreak. This amounts to just 2% of what the current pandemic is expected to cost the world

NO PLANS TO CANCEL NEET 2021 EXAM: Education minister

Union education minister Ramesh Pokhriyal has ruled out any possibility to cancel NEET 2021. In a live interaction with students, teachers and parents on Twitter, the minister said that the examinations were conducted in 2020 even with the pandemic, and students were happy with the decision taken by the government and the Supreme Court, as a year didn't go waste. "The government has no plan to cancel NEET 2021", he said, adding that all measures would be taken to provide exam dates to students at the earliest. The minister also appreciated the NTA for conducting the NEET-JEE exams, which were even cited by the Election Commission, while announcing the dates for state



“ We are looking into the feasibility of holding JEE exams more than twice, there can be three or maybe four occasions to sit for JEE NISHANK, on JEE ”

elections. 'Nishank' also invited suggestions from students. Thousands of students reached out to the minister, seeking clarity on the CBSE Board, NEET and JEE Main Exam dates for 2021.

ON POSTPONING CBSE BOARD EXAM: The minister pointed out that the schedule for the Board examination is usually set in advance. Without committing the students on delaying the examination, Pokhriyal, however, said that the Board would assess the situation, and decide on the best possible solution, while announcing the date and schedule of the exam

ON PRACTICAL EXAMS: Pokhriyal said that while schools have reopened in 17 states, the attendance continues to be low. Therefore, he said, in case, the situation is not conducive for conducting practical

examinations, the Board may introduce alternatives. He, however, added that since the practical examination is conducted by the schools, it can be conducted by schools, keeping the SOPs in place

ON REDUCING JEE AND NEET 2021 SYLLABUS: The minister said that the discussions are in place, and it is likely that the paper pattern may be tweaked, such as introducing choices, or giving less questions from the portions that have been removed from the syllabus for the competitive examinations

Quote unquote



One of our challenges, 72 years after the Genocide Convention's adoption, is to promptly recognise and act on the warning signs of genocide. We need to remain constantly vigilant of key political, human rights, humanitarian, social and economic developments worldwide to identify early the risks of genocide and other atrocity crimes. Hate speech is one of these warning signs; there is a need to do better in rejecting it in all its forms. This includes ensuring that technology companies and social media platforms play their part. The power of social media in disseminating hate speech and polarising communities cannot be underestimated

Antonio Guterres, secretary general, UN, on the need to detect warning signs of genocide

ENTERTAINMENT

ALFRED MOLINA RETURNING AS DR OCTOPUS IN 'SPIDER-MAN 3'

Veteran actor Alfred Molina is set to reprise his role as the antagonist Doctor Octopus in 'Spider-Man 3', with Tom Holland in the title role. According to sources, Molina has joined the cast as Otto Octavius, a path-breaking scientist-turned-eight-limbed villain, who challenged Tobey Maguire's Spider-Man in Sam Raimi's 'Spider-Man 2', which was released as the 2004 sequel to the director's 2002 movie. Benedict Cumberbatch will also reprise his Doctor Strange role.



▶ 'Spider-Man 3' will see Holland return in the lead along with director Jon Watts, who helmed 'Spider-Man: Homecoming' and 'Spider-Man: Far From Home'

▶ Sony Pictures is slated to release the film on December 17, 2021

MAN SPELLS OUT 'MERRY CHRISTMAS' ON LONDON MAP AFTER AN EPIC 127-KM CYCLING TRIP

Anthony Hoyte, a 52-year-old cyclist, used an exercise-tracking app to write 'Merry Christmas' on the streets of London, after an epic 127 km trip. He completed the wording after nine hours of cycling on a Saturday. Interestingly, this isn't the only map tracking note that he has created in recent times. He had previously drawn Frosty, The Snowman, a reindeer, and elephants, while cycling through different routes.



▶ This year, many marathon runners, trekkers and pilots have drawn or spelled out many incredible things on city maps with the help of GPS tracking devices ▶ In March, a pilot from Austria delivered the most-noticeable social distancing mes-

sage by spelling out the words 'stay home' with his flight path ▶ Similarly, when the Black Lives Matter movement was at its peak, a pilot drew the shape of a raised fist on the map of Canada using a flight-path to honour George Floyd

GPS art is the technique of creating patterns, symbols, and designs on a digital map by physically travelling to different locations that come under the same map. It is also used to raise awareness on topics of interest

GOOGLE'S 'LOOK TO SPEAK' FEATURE LETS USERS PICK PHRASES WITH EYES

Google has launched a new smartphone app that aims to make communicating easier for people with speech and motor difficulties. Look to Speak uses people's eyes to select phrases from their phone and speak it out loud.

HOW IT WORKS

▶ Users can simply look left, right or up to navigate and select phrases from a customisable list. The feature uses a device's front-facing camera to detect where the user is looking

▶ The phrases are for basic communication, and include words, such as hello, thank you, great and ok

▶ It also has questions, so people can ask the other person's name, how they are, and what's going on



CORONAVIRUS VACCINE: WHO WILL BE THE FIRST TO RECEIVE IT IN INDIA?

Pharma giant Pfizer has sought approval from the Drugs Controller General of India for the 'emergency use' authorisation of its coronavirus vaccine. According to the health ministry, once the vaccines are rolled out, which is expected to happen early next year, it will be distributed among the public as per the National Expert Group on Vaccine Administration (NEGVAC) panel's prioritisation of the population groups.



▶ The distribution of Covid vaccine will start with the healthcare providers and workers, followed by frontline workers, including police and Armed Forces, civil, defence and disaster management volunteers and municipal workers. Besides, persons above 50 years, and those less than 50 years with comorbidities, will also be prioritised in the race for the vaccine ▶ The younger population might have to wait for their turn to arrive, and continue taking precautionary measures

In terms of storage and distribution, in India, there are 85,634 equipment for storage of vaccines at about 28,947 cold chain points. The current cold chain is capable of storing a Covid-19 vaccine required for the first three crore— health care and frontline workers

IN RECORD BOOKS

Vidya Bharti is the largest alumni association of the world

Vidya Bharti, the largest voluntary educational institution in the world, found a mention in the recent edition of 'Mann ki Baat', when PM Narendra Modi, in the November 29 episode, applauded the association on becoming the largest alumni association in the world. More than 3.56 lakhs ex-students are registered on the portal.

A highly-acclaimed organisation, Vidya Bharti, provides quality education to around 34,47,856 students. According to Shree Ram Aravkar, general secretary, Vidya Bharti, thousands of Vidya Bharti alumni are working in various walks of life providing their services to the society, adding that the institute's ex-students are placed in top most govt depts, judiciary and other corporate sectors, and are reflecting the values in their work and behaviour, which they learned from the school. Case in point was the dedication showed by the alumni, who swung into action, during the lockdown, by helping the downtrodden, distributing masks, sanitizers, soaps, medicines, food packets, etc, in different cities across the country

ALIENS EXIST: FORMER ISRAELI SPACE CHIEF

In an unprecedented claim, Israel's former space security chief has said that aliens are real and US President Donald Trump knows about it, stressing that they're keeping their existence a secret as "humanity is not ready for them". Haim Eshed, 87, in an interview to Israel's Yediot Aharonot newspaper, spoke extensively about the extraterrestrial life, and also elaborated about "an agreement" between the US government and a "Galactic Federation" of aliens. Eshed, who headed Israel's space security programme for nearly three decades, further claimed that there's a "Galactic Federation" of aliens, and their cooperation with the US includes a secret underground base on Mars.

▶ Netizens, who have spent the past few weeks browsing through photos of shiny monolith popping up in different parts of the world, were equally intrigued by the revelation. Spooky memes soon took over Twitter, and many felt that the alien presence on the Earth could be the perfect farewell to the year 2020



DO ALIENS EXIST? WHAT'S YOUR TAKE?

Share your views at toinie175@gmail.com. You can also register your comments at toistudent.com

India 9th among top 20 most-spammed countries in 2020



Despite a reduction in the amount of spam calls received, India still made it into the top 10 most-spammed countries in 2020, a new Truecaller report said.

- 1 In the first three months of the lockdown in India, calls to emergency services spiked by 148 per cent
- 2 Only three years ago, India ranked as the most-spammed country in the world. This year, the country is at the ninth spot on the list of 20 most-affected countries, topped by Brazil and followed by the US
- 3 Globally this year, Truecaller helped its users block and identify 31.3 billion spam calls, which is an increase of 18 per cent compared to last year

EXPERIMENTAL CONCEPTS



HOW MUCH AIR DO YOUR LUNGS HOLD?

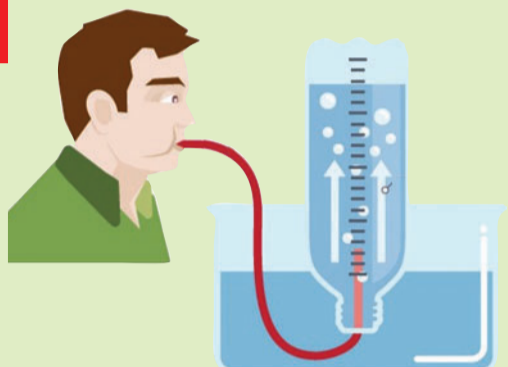
YOU WILL NEED:

- A plastic bottle with a lid
- a bendy straw
- a bowl of water

- Fill the bottle with water and put the lid on. Hold it upside down in the bowl and take off the lid.
- Push the straw into the neck of the bottle. Breathe in deeply and then blow gently into the straw until your lungs are empty

LEARNING OUTCOME:

All the air you breathe out will be trapped at the top of the bottle. This is how much air your lungs can hold.



MAKING CO₂

You can make carbon dioxide gas and blow up a balloon with it.

YOU WILL NEED:

- A narrow-necked jar
- some bicarbonate of soda
- some vinegar
- a balloon
- a teaspoon

- Fill a quarter of the jar with vinegar. Put the soda into the balloon, using the teaspoon.
- Stretch the neck of the balloon over the top of the jar. Don't let any soda spill into the jar.
- Quickly lift the balloon up to tip all of the soda into the jar. The vinegar will react with the soda making bubbles.

LEARNING OUTCOME:

When the vinegar and soda react, they produce carbon dioxide gas which fills the balloon, blowing it up a little.

Fun FACT

Jupiter's gravity is more than twice as strong as Earth's. If you could visit Jupiter, you wouldn't be able to move because its gravity is so strong. One of Jupiter's moon, 'Io,' is quite small and its gravity is much weaker than the Earth's. You could jump many times higher on Io than you can on Earth.



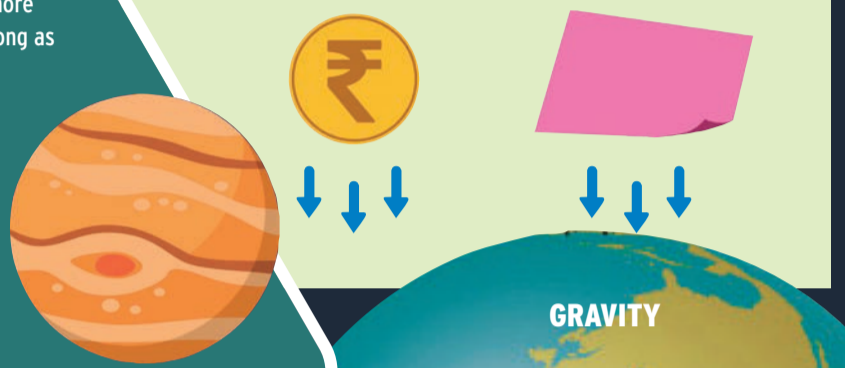
TESTING GRAVITY

Gravity pulls objects at the same speed, even if they have different weights. Try testing this yourself.

YOU WILL NEED:

- Tissue paper
- a coin
- two identical boxes (such as small food pots with lids)

- Carefully tear a piece of tissue paper the same size as the coin. Obviously, it will be lighter than the coin.
- Drop the paper and the coin from the same height. The paper falls more slowly because air gets in its way (resistance).
- Now put the coin in one box and the paper in the other. Put the lids on and drop both boxes together.
- The boxes have the same air resistance and land at the same time, even though they are different weights.



7 TIPS TO STRATEGISE YOUR STUDY PATTERN. IT IS THAT TIME OF THE ACADEMIC YEAR WHEN YOU NEED TO STREAMLINE A FEW SCHEDULES TO GET INTO THE EXAM/ASSESSMENT MODE.

GET ORGANISED

A cluttered study makes a cluttered mind, so ensure you have a clean table, comfortable chair and enough light. Keep all the distractions like phone and other gadgets away. Some students like complete silence and some like soft music in the background, know what works for you.



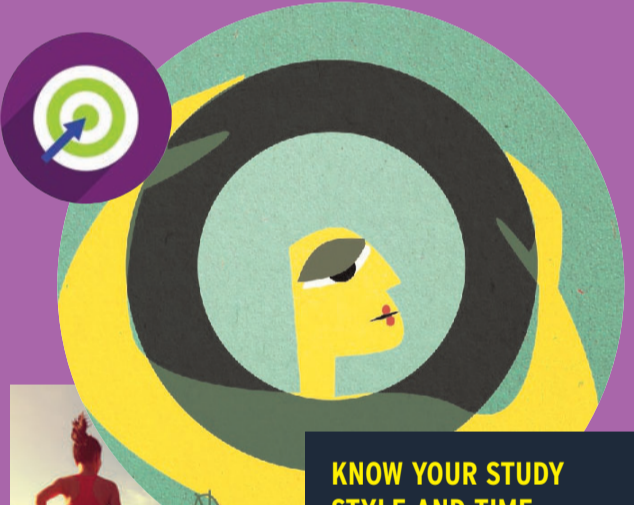
DO NOT GET CRITICAL OF YOURSELF

Your self talk is very important. If you are going to tell yourself statements like you are too slow, you are going to fail, then you will end up feeling very anxious, overwhelmed and demotivated. Instead go for positive affirmations: I am capable of passing with good marks, I am improving each day. Set small realistic goals and as you keep achieving them, your confidence will increase.

EXERCISE WHEN YOU TAKE BREAKS

Instead of checking your messages on social media when you take a break, do some quick jumping jacks to feel energised again. Make sure you go for a small walk or jogging or cycling daily to get some fresh air. This releases a chemical called endorphin in your brain, also known as happy hormones which will ensure you are in better mental health and not getting too stressed.

PREP UP FOR ASSESSMENTS



DO NOT COMPARE YOURSELF WITH OTHERS

Each person is unique and has his or her own set of strengths and weaknesses. Comparing with others may make you feel less of yourself and you will put more pressure on yourself which might be counterproductive. Instead, look at what your strengths are and work on them to be the best version of yourself.

EAT RIGHT, GET PLENTY OF WATER AND ENOUGH SLEEP

Remember junk food is going to make you feel sluggish. So, whenever you feel like snacking, eat fruits or dry fruits. Make sure you are hydrated as well as get at least seven hours of sleep as it is imperative for all your cognitive functions like learning, memory, retention, etc.



KNOW YOUR STUDY STYLE AND TIME

Some people study better early morning and some prefer late night. Understand what time is best suited for you. Some people learn best with lot of visual stimulations like flow charts and diagrams. You can also try a technique called pomodoro which is a short, focused style of working for 25 minutes and taking a 5 minute break. You repeat this until you finish 4 pomodoros and then you take a longer break!

A TIP FOR PARENTS

Please don't let your stress get to the children. Stay calm and be a support to your child, provide them nutritious food and set realistic expectations.



Sumbul Alladin, Counselling Psychologist, Khalid Educational Society, Hyderabad

My study mantra

Every student chooses a quiet time of the day when he or she can concentrate on his or her studies. Either it is early in the morning or late at night. I am the latter one. When everyone is off to bed then my mother or I prepare coffee and keep it on the table in a kettle. This is the time when I can concentrate on Maths and Physics. My other subjects are done when I get up in the morning. I am a late riser. After having my breakfast at around 11.00 am, I sit down to study. If I feel bored doing one subject, I take a break, have glasses of water, have a seasonal fruit. I change my subject of study to the one which relaxes me. I first read the chapters, mark the keywords, and if I have any problems my parents help me out as my mother is a teacher and my father guides me in Mathematics, Physics and Hindi. For the rest of the subjects, if I have any query I ask my teachers online. Marking the keywords, noting and learning the important formulas make my work easy. After every chapter I give a test which indicates the errors, then make a timetable for revision of the subjects. I pray to God regularly and have a respectful attitude towards my teachers.

MY MANTRA IN LIFE IS:

- Have confidence in yourself
- Have enthusiasm and derive pleasure from every work you do
- You can plan better when you are relaxed
- The most important is to have a dream and try your best to make it come true
- When you feel like quitting think why you started
- Last but not the least life is all about kicking the hurdles away with good solutions

Gurkeerat Kaur, IX, La Martiniere Girls College, Lucknow



MY SCHOOL PROJECT

MAGIC BEADS FOR LACTOSE INTOLERANCE

WHAT IS IT?

- Lactose-intolerance is the inability to fully digest the milk-sugar (lactose) in dairy products.
- The dairy industry uses the enzyme lactase to break down milk sugar into separate units so that it can be consumed even by its lactose-intolerant customers
- Our objective was to package this enzyme that would not be absorbed by the milk and can be reused.



SALIENT FEATURES

- Lactose intolerance affects around 65% of adults in the world, as per the US National Library of Medicine.
- This condition cannot be cured.
- Companies chemically treat the milk with lactase beads to break down lactose for their consumers and filter out the beads which are then kept for re-use.



MORE FACTS

- Calcium Carbonate reacts with Sodium Alginate to create a jelly-like bead structure called a hydrogel which traps the lactase enzyme.
- This particular process of creating the 'jelly beads' and trapping the enzyme is called immobilisation.

Aniruddh Nambiar, class VIII-D, D G Khetan International School, Malad, Mumbai



HOW WE WENT ABOUT IT

- First, we combined sodium alginate with lactase and then added little droplets of this mixture to a calcium carbonate solution.
- This mixture immediately reacted with the calcium carbonate to form little beads containing the lactase.
- These beads were then packed gently into a funnel with a filter at the bottom.
- The milk was poured into the funnel so that the enzyme in the beads could react with the milk and break down the lactose.
- We then tested the milk and observed that it was in a form that was digestible to a lactose-intolerant person.

Mathematics

SUM UP YOUR MATH QUOTIENT

G REVATHY, TEACHER, AIR FORCE SCHOOL, HEBBAL, BENGALURU, HAS SET A FEW QUESTIONS FOR REVISION

- If A is an invertible matrix of order 3 and $|A| = 10$, then $|A^{-1}|$ equals
a) 10 b) 1000
c) 1/100 d) 1/10
- A company produces two types of hats. Every hat-A requires twice as much labour time as the second hat-B. If the company produces only B then it can produce a total of 500 hats a day. The market limits daily sale of the hat-A and hat-B to 150 and 250 respectively. The profits on hat-A and B are Rs.8 and Rs.5 respectively. The maximum profit is
a) 1200 b) 1250
c) 2250 d) 2450
- Number of terms in the expansion of $(1 + 2x + x^2)^{20}$ is
a) 20 b) 21
c) 40 d) 41
- If $(\frac{1-i}{1+i})^{100}$
= a + ib, then (a, b) equals
a) (1, 0) b) (0, 1)

ANSWERSHEET

- (d) $|A^{-1}| = \frac{1}{|A|} = \frac{1}{10}$
- (c) No. of hat-B = x,
 $x = \frac{x}{250} + \frac{y}{500} \leq 1$ ie $2x + y \leq 500$;
 $x \leq 150$; $y \leq 250$; $x \geq 0$; $y \geq 0$;
Maximise $8x + 5y$
Maximum at (125, 250) = 2250
- (d) $(1 + 2x + x^2)^{20} = [(1+x)^2]^{20} = (1+x)^{40}$
No. of terms = 41
- (a) $(\frac{1-i}{1+i})^{100} = (-i)^{100} = 1$
 $a = 1$; $b = 0$;
- (b) Centre = (3, 4) and Radius = 4, Equation of circle = $(x-3)^2 + (y-4)^2 = 4^2 = 16$
 $= x^2 + y^2 - 6x - 8y + 9 = 0$
c) (1, 1) d) (-1, 0)
- Equation of the circle which touches the x-axis and centre (3, 4) is
a) $x^2 + y^2 + 6x + 8y + 9 = 0$
b) $x^2 + y^2 - 6x - 8y + 9 = 0$
c) $x^2 + y^2 + 6x + 8y + 16 = 0$

- $x^2 + y^2 - 6x - 8y + 16 = 0$
- In how many ways can the word PENCIL be arranged so that N is always next to E?
a) 24 b) 60
c) 120 d) 720
- If $f(1) = 4$; $f'(1) = 2$, then the value of derivative of $\log f(e^x)$ with respect to x at the point $x = 0$ is
a) 0 b) 1 c) -1 d) 1/2
- If the rate of change of volume of a sphere is equal to the rate of change of its radius, then the radius of the sphere is
a) $\frac{1}{\sqrt{\pi}}$ b) $\frac{1}{2\sqrt{\pi}}$ c) $\frac{1}{4\sqrt{\pi}}$ d) $\frac{2}{\sqrt{\pi}}$
- If $\int_1^4 (3x^2 + 2x + k) dx = 0$, then the value of k is
a) -2 b) 2 c) 1 d) -1
- A four-digit number is formed using the digits 1, 2, 3, 5 with no repetitions. The probability that the number is divisible by 5 is
a) 1/2 b) 1/4 c) 3/4 d) 2/3

Handy Parenting Guide

Bond with your teenage son through these simple advices

How many times have parents struggled to communicate with their teenage sons? It's been countless times because, at their age, the recklessness, spontaneity, undisciplined actions are such that parents fail to keep up with them. Teenage boys are said to grow up fast, among the dirt of the playground to the car garages of their parents. Boys have always been handled roughly, because of society's conception of the rough, 'able-to-do anything' superior aura of boys and men. But still, behind the rough exterior, every man and boy also wants to be understood and cared for and so, parents should start interacting with their teenage sons on a deeper level. Here are some tips...



Coming up... Bond with your teenage daughter in our next parenting issue!

WHAT YOU CAN DO?

DON'T HUMILIATE YOUR BOY

1 Your child maybe 5 years old or even 19, that doesn't matter. He is still your kid and it is your responsibility to show them the right path. They may have done something very wrong and so you have to punish them or make them understand the intensity of their mistake, all depending on the situation. Don't belittle them, instead make them understand it nicely, by having a heart-to-heart.

THEY ARE EXPERIENCING MULTIPLE EMOTIONS

2 If they ever feel stupid or dumb because they couldn't do something, let them know that they are growing and developing every day. Teenage boys view the world differently and feel that they have to be superior in every field, to match up with top-notch peers. Among this competition, they may feel let down, betrayed, dumb or stupid, it's alright.



The problems they face

Boys can be really irrational or aggressive sometimes. They fight with other students or just bang the door so loud that it seems almost detrimental for their growing behaviour. However, research shows that teenage boys who are often the most aggressive, have deep feelings of anxiety, resentment, sense of failure and insecurity engraved within them. Boys try very hard to seek comfort from their loved ones but mostly, can't just seem to reciprocate other's feelings. Their sense of pride and manly ego stops them from acting all soft, which is a result of societal values and beliefs. However, there are many ways to deal with such situations in a mature way.



DON'T NAG

3 Nagging can honestly be very irritating and troublesome. You as a parent may constantly nag because you get fed up because of his antics. But, it does no good. Your boy may feel more resentment and irritated, and the sole purpose of nagging just vanishes because they don't listen to you at that time.

STORIES OF BRILLIANT MEN

4 There's no abundance of brilliant men in your society. Many had changed the world before, with their ideologies and actions. There are stories and examples of great men that also, once went through many difficulties. Giving your boy their own hero can be a positive inclination towards following great examples and implicating similar behaviour.



INVITE HIS FRIENDS HOME

5 What are teenage boys without their friends? This age is socially interactive for them as they meet many new people and form bonds with them. Some may break, but others can also stay for a lifetime. It's natural that your boy would want to hang out with his friends more. Restricting your kid's playtime can be negative. Be warm with his friends, so that your child will be more comfortable with you.

LOVE THEM FOR WHO THEY ARE

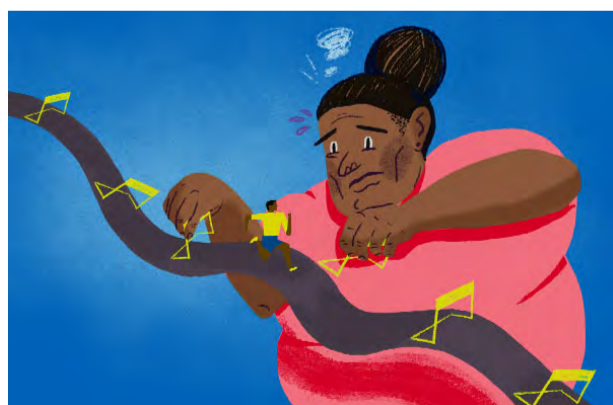
6 Every teen boy always wants to be loved and cared for. He may feel vulnerable and may be forced to believe certain standards. We have to understand and love our sons. Listening to them quietly and sharing advice can be one of the most relieving moments for them. After all, they are waiting to be loved and comforted too!

How puberty can affect them

Puberty and adolescence can bring a number of changes to a boy's mind and body that reflects through his behaviour. Most teens, especially boys love exploring the world around them; whether going bicycling at midnight or sneaking away from the house to go at a part. Their actions are uncontrollable. Harmless fun is alright, but it becomes scary for parents to think if their child is going beyond their control or dangerous activities.

OVER-PARENTING

Are you guilty of it?



The lockdown had its own set of pros and cons. While it confined us in the four walls of our homes and restricted us from socialising, it also brought us closer to our families. While many people discovered their hidden talents, some also developed new hobbies to keep themselves entertained.

Children also learned how to do some of the most basic household tasks, as they helped while most of our maids were away. This only brings us to the fact that most older kids and

teens are capable of doing things and know enough to manage themselves. This also reminds us that parenting needs to change from year to year, as the kid grows up. **You cannot parent your 13-year-old in the same way you might have parented him when he was just six or seven.**

How to know if you are over-parenting?

Your parenting goes through a massive shift when your child

When it comes to parenting, most parents try their level best to nurture their children. During this process, some might even go overboard with it. This can make the child irritable and might also make him hide things from you. Are you guilty of it? Read on...



steps into his teenage years. Hormones play their role and you might also notice a behavioural difference in your kid. Short temper, irritation and answering back might become an everyday affair. In such a situation, if you overburden your child with your own set of rules and regulations, you might add fuel to his already burning hormones. Though rules are necessary for kids during their growing up years, it is all about how you implement them.

Observe your own behaviour and check whether you are interfering too much into your teen's life. Avoid directing, ordering or making his life choices. A teenage kid really is old enough to know the consequences of his actions and will face the brunt himself, if something goes wrong.

Teens need privacy

Give your teen the much needed privacy, while ensuring that he/she is safe and secure. Form a set of rules but make sure they aren't too harsh. Make home rules clear to your kid and let him know that he needs to follow it for his own good. Once you become your teen's best friend, you will notice that you aren't over-parenting.

Excerpts

In an article published in Sciencedaily.com, University of Arizona researchers say over-parenting is when you apply what we call developmentally inappropriate parenting or guidance structure for the child.



WELLNESS

Battle dandruff with balanced diet

A balanced diet, carbs, fats, fibre, vitamins and minerals, is the key to healthy hair

The key to treating an itchy, flaky scalp could lie in your diet. "A balanced diet, comprising carbohydrates, healthy fats, proteins, fibre, vitamins and minerals, is the best thing for your scalp and hair," says trichologist Stephanie Sey. "The hair is the very last system in your body to receive nutrients as it is one of the least essential, so if your body is not receiving adequate nutrients, your hair will likely be affected."

Also, don't let hair-washing fall by the wayside while you are working/schooling from home. This will allow a build-up of bacteria, which is likely to make the problem worse. If you are still suffering from dandruff, try using a dedicated anti-dandruff shampoo.



QUIZ TIME (MIXED BAG)



0.1) Which is the tallest church in the world?

- A. Our lady of Peace Basilica
- B. Cologne Cathedral
- C. Ulm Minster

0.2) The type of cloud in which tornadoes form is:

- A. Cumulonimbus B. Nimbus
- C. Rain D. Cloud

0.3) Which country is

known as the Land of Cakes?

- A. Sweden B. Scotland
- C. Switzerland

0.4) If Gaia is the personification of the Earth in ancient Greek mythology, who personifies the sky?

- A. Chaos B. Uranus C. Athena

0.5) In which archaeological site do we find the

Dhamek and Dharmarajika stupa?

- A. Sanchi
- B. Sarnath
- C. Sathdhara
- D. Amravati

ANSWERS

- 1. C) Ulm Minster
- 2. A) Cumulonimbus
- 3. B) Scotland.
- 4. B) Uranus 5. B) Sarnath

KNOWLEDGE BANK

Hoatzin

The hoatzin is a species of tropical bird found in South America. The bird makes its home in swamps, forests, and mangroves of the Amazon and the Orinoco basins. It is also known as skunk bird, stinkbird or Canje pheasant. The hoatzin is an herbivore that eats leaves and fruit, and has an unusual digestive system with an enlarged crop used for fermentation of food, which give off a foul odour, and hence the name 'stinkbird'.

BIRDS



TOP PERFORMERS OF T20I SERIES

Virat Kohli-led Team India secured a historic T20I series win over hosts Australia by a 2-1 margin. Here's a quick look at the most impactful players

HARDIK PANDYA

Ditching the all-rounder's role by becoming the new finisher of the Men In Blue, Hardik Pandya was one of the most impactful players in the twin limited-overs series. Pandya's batting pyrotechnics paved the way for India to finish ahead of the mighty Aussies in the T20I format. Pandya's spectacular performances with the willow in T20Is also raised hopes of the star batsman getting an extension for the Test series. After winning the 2nd T20I for India almost singlehandedly, Pandya came close to rescue India in the series finale. For his batting blitzkrieg, the middle-order batsman was also named the Man of the Series in the T20Is.



MATTHEW WADE

The Australian southpaw earned the tag of the 'Accidental skipper' when Aaron Finch picked up a hip injury ahead of the 2nd T20I. Since Steve Smith is expected to go through 'the process' in order to lead Australia again, Wade was roped in as the leader of the Australian side. Accepting the challenge during these testing times, Wade played a captain's knock in his first game as the leader of the hosts. After scoring a sublime 32-ball 58, Wade top-scored (80) for Australia in the third T20I to help Finch and Co. outclass India at Sydney on Tuesday. The Aussie southpaw also finished the T20I series as the top scorer with 145 runs.



THANGARASU NATARAJAN

There is no denying that Thangarasu Natarajan has been a revelation for the Indian side in the limited-overs format. Known for his pinpoint accuracy and impressive death bowling spells, Natarajan ran rings around the Australian batsmen and recorded a memorable debut for Team India in the 1st T20I. The Indian debutant leaked 30 runs and bagged 3 wickets in the first T20I. Dubbed as the 'Yorker Specialist', Natarajan bowled another economical spell (2-20) to set up India's thrilling win in the 2nd T20I. The speed merchant emerged as the leading wicket-taker in the T20I series with six wickets.

VIRAT KOHLI

Kohli was a star turnout for the 2007 World Champions in the three-match series. After showcasing a rare batting failure in the series opener, Kohli found his mojo in the penultimate clash against the Finch-less side. He played a crucial knock of 40 off 24 balls to complement India's stunning final-over win in the 2nd T20I. Known for being the go-to-man for India, Kohli tormented the Australian bowling attack in the third T20I and came close to notching up his maiden century in the shortest format. Though his 85-run knock went in vain, the Indian skipper scripted history, becoming the 2nd Indian to score 3,000 international runs on Australian soil.



Our batting depth will be tested in Warner's absence, says Smith



Australia batsman Steve Smith said that the batting depth of the side will be tested in the first Test of the four-match series against India in the absence of David Warner. Warner has been ruled out of the first Test against India on Wednesday. The left-handed batsman had injured his adductor muscle in the second ODI against India, and as a result, he missed out on the third ODI and the T20I series. ANI

"I think our depth is obviously going to be tested with Davey out and a few potential new players coming in. It will test us out no doubt against a good Indian outfit. We know how good they are at Test cricket. They beat us out here last time and they're a very good side so it is going to be a great series."
Steve Smith

India have to improve fielding if they are looking to win T20 WC



Real Madrid qualify for last 16 of UEFA Champions League



Karim Benzema sent Real Madrid through to the last 16 of the Champions League alongside their rivals Atletico, while Neymar scored a hat-trick as Paris Saint-Germain beat Istanbul Basaksehir in a match that had been delayed for 24 hours over a racism row. Real are Europe's most decorated club with 13 European Cups but they needed to beat Borussia Muenchengladbach in Madrid to be sure of making it through the group stage of the Champions League for a 24th straight year.

TEST YOUR KNOWLEDGE

Q1: Who beat Dominic Thiem to win his eighth Australian Open Singles title and his 17th Grand Slam this year?

- a) Roger Federer b) Rafael Nadal
c) Novak Djokovic d) Andy Murray

Q2: UDRS was used in an One Day International for the first time in year 2011 in a match between _____.

- a) India and England b) England and Australia
c) India and Pakistan d) Australia and South Africa

Q3: Which weightlifter is the first woman from India to win a medal at the Olympics?

- a) Karnam Malleshwari b) Shiny Abraham
c) Sakshi Malik d) Kunjarani Devi

Q4: Against which country did MS Dhoni make his Test captaincy debut?

- a) Australia b) South Africa
c) England d) New Zealand

Q5: Which Austrian Tennis player won the US Open 2020 Men's Title?

- a) Hugo Gaston b) Stefanos Tsitsipas
c) Alexander Zverev d) Dominic Thiem

Q6: In which year was para-athlete Deepa Malik awarded the Rajiv Gandhi Khel Ratna Award?

- a) 2019 b) 2018 c) 2017 d) 2016



Q7: Which of the following player was the Flagbearer at Rio 2016 opening ceremony for the Indian Contingent?

- a) Abhinav Bindra b) Divij Sharan
c) Bajrang Punia d) Sushil Kumar

Q8: Which country won the ICC Cup 2020?

- a) Pakistan b) India
c) South Africa d) Bangladesh

Q9: In which country will the 2022 Winter Olympic Games be held?

- a) China b) South Korea c) India
d) Japan

Q10: In which country is the headquarters of the International Olympic Committee

situated?

- a) Australia b) Switzerland
c) the United States of America d) England

Q11: In which state is the world's largest cricket stadium situated?

- a) Gujarat b) Chandigarh c) Delhi
d) Maharashtra

Q12: Which of the following clubs won the FIFA Club World Cup 2019?

- a) Manchester United b) Liverpool
c) Barcelona d) Real Madrid

ANSWERS: 1 c) Novak Djokovic 2 b) England and Australia 3 a) Karnam Malleshwari 4 b) South Africa 5 d) Dominic Thiem 6 a) 2019 7 a) Abhinav Bindra 8 d) Bangladesh 9 a) China 10 b) Switzerland 11 a) Gujarat 12 b) Liverpool