STUDENT EDITION

WEDNESDAY, JUNE 17, 2020

"As a person

experienced

ness, I cannot

stress enough

there is hope"

mental health

mental ill-

about the

who has

**WEB EDITION** 

QUOTE UNQUOTE

importance of reaching out.

Talk. Communicate. Express.

not alone. We are all in this

Seek help. Remember, you are

together. And most importantly,

DEEPIKA PADUKONE, actor, on

SUMMER DIGITAL

**PROJECTS FOR** 

YOU TO MASTER

a family website (Weebly or

Google Sites). Decide which

family members will have access -

cousins - and invite them to help with content. Ask extended family

grandparents, aunts, uncles,

Start a family blog or construct

For more: Check Page 2

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# India's FOREX RESERVES cross half a trillion dollars for the first time

Google adds new feature;

**COVID-19 TESTING LABS** 

update will show

oogle has added a new fea- users with information on auhelp users find information on Covid-19 test-

ing centres near them. Google is working with the Indigali, Telugu, Tamil, Malayalam, (ICMR) and MyGov to provide it added.

ture on its Search, Assis- thorised testing labs, a statement tant and Map products to said. The new feature is available in English, along with eight other languages in India — Hindi, Ben-

an Council of Medical Research Kannada, Marathi and Gujarati, > While making a coronavirus-related search (for example,

'coronavirus testing') on Search and Google Assistant, users will now see a 'Testing' tab on the search results page providing a list of nearby testing labs, along with key information and guidance needed before using their services

➤ At present, Google has integrated over 700 testing labs on Search, Assistant and Maps spread across 300 cities. Google said, it is working with authorities to identify and add more testing labs located across the country

WHAT: India's foreign exchange reserves (Forex) rose \$8.2 billion in the week of June 5 and has now crossed the milestone \$500 billion mark for the first time in the country's history. Forex reserves are external assets in the form of gold, SDRs (special drawing rights of the International Monetary Fund) and foreign currency assets (capital inflows to the capital markets, FDI and external KARNING commercial borrowings) accumulated by India and controlled by the Reserve Bank of India. Expressed in US dollars, foreign currency assets include the effect of appreciation or depreciation of non-US currencies, such

WHY ARE FOREX RISING DESPITE ECO-NOMIC SLOWDOWN: According to experts, the major reason for the rise in forex reserves is the rise in investment in foreign portfolio investors in Indian stocks and foreign direct investments (FDIs). Foreign investors have acquired stakes in several Indian companies in the last two months.

as the euro, pound and

yen held in the reserves.

The rising forex reserves is an added advantage for any government. It is an economic boost to the government and the Reserve Bank of India in managing India's external and internal financial issues at a

1.5 per cent in 2020-21

THE SIGNIFICANCE

against the dollar time, when the growth is set to contract by

The rising reserves have also helped in strengthening rupee

 It also gives confidence to the markets that the country can meet its external obligations, and keep a reserve for emergency situations



#### This country is officially the 19th worst-hit by pandemic

**CLUE 1:** The farthest place on land from sea is ODD YOU located here **CLUE 2:** It is a permanent member of the **United Nations Security** Council

in 2011

tant point from an ocean is the Eurasian Pole of Inaccessibility, located in the desert of China's Xinjiang region, **CLUE 3:** It joined the near the border with **World Trade Organisation** Kazakhstan

The most dis-

ANSWER: CHINA. China on Sunday reported its highest daily total of new coronavirus infections in two months, raising fears that reopening of the country has caused a second wave

#### **ABHISHEK BACHCHAN'S DIGITAL DEBUT 'BREATHE: INTO THE SHADOWS' TO RELEASE ON JULY 10**

mazon Prime Video's latest series, 'Breathe: Into The Shadows', featuring Abhishek Bachchan, is all set to release on July 10. The psychological-crime thriller, created and produced by Abundantia

**ENTERTAINMENT** 

Entertainment, marks Abhishek's digital debut, along with Southern star Nithya Menen. 'Breathe: Into The Shadows' will see actor Amit Sadh reprise his role as inspector Kabir Sawant from the first chapter of the se-

# MILLIONS OF MICROPLASTIC PARTICLES ARE SPI-

**RALLING THROUGH THE EARTH'S ATMOSPHERE** 

f reports are to go by, tiny pieces of plastic, known as microplas tics, are filling the Earth's atmosphere, and have been discovered raining down on US parks, like the Grand Canyon, claim researchers. According to reports

➤ In 2017, the world produced around Mail', more than 1,000 348 million tons of plastic. It is tons of microplastics believed that this figure has only were discovered in over increased year on year, since then 11 US locations, including > Plastic is highly-resilient and lasts a protected areas, having travelled through the air, long time before breaking down. The like rain. High-resolution microplastics, known to accumulate in equipment was used to wastewaters, rivers and oceans, have discover samples of this plastic pollution that had also accumulated in the atmosphere

#### **NEIL GAIMAN TO RELEASE NEW BOOK FOR KIDS**

published in 'Daily

rained down.

eil Gaiman, author of the comic book series, 'The Sandman' will be releasing a new children's book with Chris Riddell. Titled, 'Pirate Stew', it was written by Gaiman over a decade ago. A pirate adventure,

the book will be illustrated by Chris Riddell, who also worked with Gaiman on 'The Graveyard Book', 'Coraline' 'Fortunately, the Milk'. The book is due to come out on December 1, 2020.

## A CLASS IX STUDENT INVENTS A

workshop in Kochi. A stu-

and handles, with the capacity to hold one litre the scrap parts. "I first want ed to create a bike when I of fuel. Arshad claimed saw an iron pipe and engine of a motorbike in my fa that the bike can travel up to 50 km on a full tank. ther's workshop during the lockdown. At first, my fa ➤ Manufactured with scrap ther scolded me but halfway tyres, disc brakes, LED through the process, he lights, handles of other helped me, and it got com bikes and carrier and the pleted in one and a half seat of bicycles, Arshad month. It was made using the parts of many bikes. spent nearly ₹ 10,000 to develop a light motorcycle

#### INDIA LEADS INITIATIVE AT UN TO COUNT-**ER MISINFORMATION ON COVID-19**

ndia, along with 12 other countries, has led an initiative aimed at spreading fact-based content to counter misinformation on the coronavirus, with over 130 nations endorsing the global call to fight the "infodemic" relating to the Covid-19 pandemic. On the initiative by Australia, Chile, France, Georgia, India, Indonesia, Latvia, Lebanon, Mauritius, Mexico, Norway, Senegal and South Africa, a

ley next,"Arshad said.

total of 132 member states endorsed a cross-regional statement on "infodemic" or manipulated information.

> UN secretary general Antonio Guterres has said that apart from fighting the Covid-19 pandemic, the world is also seeing a "dangerous outbreak" of misinformation about harmful health advice, hate speech and wild conspiracy theories. An antidote to this misinformation is fact-based news and analysis, he added

# 'LIGHT MOTORCYCLE' FROM SCRAP

➤ The bike has a petrol made the innovative mo tank attached to the seat torcycle in one- and- a half months by putting together

coding. If no one in your family knows much about the topic, MIT's Scratch (free download or use the website) offers a basic graphical coding introduction. Scratch is easy and userfriendly, and you can have fun designing mini-video games.

Organise the family's digital photos. Adults and kid picturetakers can get together a few times to download, sort, label, and back-up the photos on all of the digital devices in the house. Think about turning some of the picture albums into picture books or calendars (gifts or mementos) at sites like iPhoto/iTunes, Shutterfly, or Blurb. Consider uploading some of these pictures to a digital frame to gift your grandparents or friends.

Help a senior citizen or elder in your family or community to become more confident on a computer mobile phone or iPad. Check out the iPad for Dad series at AsOurParentsAge.net or help them learn more about the scams that cause so many problems for the elders.

# How to use FACEBOOK, WHATSAPP safely

From restricting access to personal data to being cautious about accepting friend requests, Cyber Dost – the cybersafety and cybersecurity awareness handle maintained by the ministry of home affairs has shared some important tips to help avoid frauds...

Sharing your sensitive media before using personal details, such it. as address, phone number, Aadhaar number, photo, date of birth etc, on social media make it easier for a stalker to misuse such details to harass you. It is advisable not to post such details on social media.

Ensure that your personal information— know a photos and videos, if in real life. posted on social media, are accessible only to your trusted ones. Always set your "privacy settings" on social

#### **SAFETY TIPS**

Be careful while accepting friend requests from strangers on social media. It could be a trap to cause harm later.

Do not trust online friends unless you know and can trust them

Cyber criminals often create fake social media profiles to befriend potential victims for obtaining their confi-



dential or personal data, or gain trust to

cause harm in due course. Be careful of



# WANT **PAPER** (WMP)

Get access to news that you can trust. To get your newspaper delivered to your doorstep, go to Want My Paper by clicking on https://bit.ly/3hpW4FT.

# are not alone

Pallavi.shankar@timesgroup.com

you going through a phase of bitter disappointment because you didn't get grades as per your expectation in exams? Or do you just feel lonely, confused and hopeless without any reason? The reason could range from specific incidents that have led to sadness to growing-up angst (it happens as the brain is still in the development phase during teenage years), concern for future in a competitive world or a family issue that is unsettling and playing havoc with



who has had a lived experience with mental illness, I cannot stress enough about the importance of reaching out. Talk. Communicate. Express. Seek help. Remember, you are not alone. We are all in this together. And most importantly, there is hope,"

DEEPIKA PADUKONE wrote in her post



### **CALL WHEN IN DISTRESS**

When you feel hopeless, call a helpline Jeevan Aastha Helpline: 1800 233 3330

your peace of mind. What you ok, be it depression, anxiety and are going through could be sadness or even depression. If your sadness persists for more than 15 days continuously and you completely lose interest in Escapism is not the way out activities that you used to en- acknowledgment to self is the joy earlier - its depression first step towards getting and (a psychiatrist can diagnose it feeling better. correctly). Either way, if your state of mind is bothering you, don't hesitate to get help from people around you. Here are some things you can do to manage your troubled feelings.

#### Acknowledge it

Understand that having a problem that affects your mind is

so on. Do not judge yourself for it and consider yourself weak. Remember, "It's ok not to be ok", just don't brush it off.

#### Ask for help

Asking for help when you are feeling low and hopeless is not a sign of weakness. Rather, it shows your power of analysis and understanding of self which is a STRENGTH. Reach out to someone you are comfortable talking to - it could be

**SHARE WITH US** 

Send gueries on mental health issues you are facing: insecurity about future in pandemic, feelings of inadequacy compared to a more academically competent sibling, etc. Times NIE will take up those issues and help you by giv ing advice and tips to cope in a weekly Mental Health Column'. Write to us at timesnie175@gmail.com. WE ARE THERE FOR YOU.

> a sibling or a close friend. However, sometimes you may feel more comfortable and less conscious talking to an objective third person who you don't know – like a psychologist or a school counsellor. Get on the Helpline if you are not able to muster the courage to talk about your issues with your near and dear ones.

#### Life is precious

Always remember that life is precious and the problems that you are facing now have the potential to be solved with time and careful planning.Life is bigger than temporary setbacks. Suicide is never an option to end problems. Life is the only option.

**Dr Samir Parikh** 

**TIMES NIE EXCLUSIVE COLUMN** 

# **Mental Wellness** during Lockdown for Students



iven the uncertainty and extent of the coronavirus pandemic, it's natural for all of us to be feeling a little more anxious and stressed than we did before. There is concern for both our health and wellbeing, and also the uncertainty about what the future holds for our education. The key to coping with this lockdown is to take it one day at a time, rather than letting the uncertainty bog you down.

The most important aspect of managing mental wellness during this lockdown is to maintain a routine in our everyday life. Make sure that you sleep and wake up at the same time as you used to during school days. Taking classes online, while may be challenging and even boring at

times, is a great way to stay in a schedule and stay connected with classmates. Avoid spending all your time on the bed - working out of a table and chair is recommended.

Since staying indoors all day can add to a feeling of restlessness, ensure that you stay physically activate, both by exercising and helping out the

family in household activities. This is also a great time to catch up with things that you've been interested in but haven't had the time or opportunity to do

before - art,

Remember, that while it may not be possible to rid ourselves of this anxiety entirely, it's important to channelise it by doing our bit. Make this time meaningful by being socially responsible

> reading, music, writing, cooking these are all great ways of staying motivated and positive.

Screen time at this time can't be avoided - in fact, it's perhaps our biggest saviour. But what can be controlled is the manner in which this screen time is used. Don't spend too much time reading the

news; stick to just the latest guidelines laid out by health officials. Also avoid mindlessly scrolling through social media or forwarding unverified messages. Use this screen time instead to learn a new skill and most importantly, to stay connected with friends and family.

Remember, that while it may not be possible to rid ourselves of this anxiety entirely, it's important to channelise it by doing our bit. Ensure that you follow all precautions 100%, both for your own safety as well as that of your family. Make this time meaningful by being socially responsible.

(Dr Samir Parikh is an eminent Psychiatrist and the Director of Department of Mental Health and Behavioural Sciences, Fortis Healthcare)

**MAKING A POINT** 

**Column by Mukesh Bhatt** 

# **'SSR looked** quite turbulent from within'



About Sushant Singh Rajput's suicide, filmmaker MUKESH BHATT, says, "I had seen this coming." He explains further, as he shares his thoughts with SUGANDHA INDULKAR



met Sushant Singh Rajput for the first time in 2012 - during the casting of 'Aashiqui 2' - he came along with his then girlfriend Ankita Lokhande, but he had already signed up 'Kai Po Che'. We could not cast him because the dates were clashing. Later, we met quite often at award functions. When we were planning 'Sadak 2', the search was on for a boy opposite Alia Bhatt, and Sushant's name was suggested.

Sushant came to my office (in October-November 2018). We spoke for an hour or so. But I thought something was amiss with him, his eyes had a glazed look, I told him, "Beta, you look quite turbulent from inside. What is the matter - you must seek medical assistance if there is any problem bothering you. Don't let it grow." He assured me that he will treat the problem and not ignore it. I told Mahesh Bhatt and Alia about my doubts related to Sushant. Later, when Rhea (Chakraborty, his girlfriend) was doing 'Jalebi', I spoke to her about Sushant and told her to take care of him.

This pandemic has created a lot of anxiety - uncertainty is high. The youth is very vulnerable and insecure. More than the coronavirus, which will go away eventually, mental illness is a bigger and more serious problem. Depression is a disaster. Mental disorders are silent killers and Sushant was a serious patient; he was suffering and he must have decided to end his suffering. We have to understand this and not point fingers at anyone. Deaths related to depression are very unfortunate. I salute Deepika Padukone who came out in the open and spoke about her depression. We as seniors should help these youngsters in coping with mental health issues.

# **Know about** Social Emotional Learning

Yale Center for Emotional Intelligence survey of 5,000 teachers amid COVID asked them to describe the three most frequent emotions they felt each day. Anxious, fearful, worried, overwhelmed, and sad were the top five. Anxiety, by far, was the most frequently mentioned emotion, according to the study. Tending to children's psychological and emotional needs isn't important in a pandemic alone. **SEL or Social Emotional** Learning is being perceived as the future of educa-

tion the world over. This new way of learning is intended for students to be self-aware of their emotions.

The world is increasingly fighting mental illness, a lot of it quietly. For many children, school is the only place where any deficiencies in these abilities can be addressed. Untreated or undiagnosed mental

health conditions will affect a student's ability to learn, develop, and grow. Teachers who focus on SEL are more likely to respond to students with empathy, nurture better bonds and face less burnout.



Social-emotional learning is the process

of developing self-awareness, self-control, and interpersonal skills. SEL plays an important role in promoting positive mental health and mitigating symptoms of mental health disorders. The following are the 5 foundations of SEL:

➤ Self-awareness: Identifying emotions. ➤ Self-management: Regulating emotions to handle stress, etc.

Empathise with others; recognising others' needs, strengths. Relationship skills: Establishing and maintaining healthy and rewarding relationships, resolving conflicts.

Responsible decision-making: Making decisions based on a consideration of all ethical standards, safety concerns, and social norms.



