

VIEWPOINT

WHATSAPP LAUNCHES

TENDULKAR URGES ICC TO MAKE HELMETS MUST FOR

BATSMEN

atting legend Sachin Ten dulkar has urged cricket's world body to make helmets "mandatory" for batsmen at all times during a match. Tendulkar was reacting to an IPL incident when Sunrisers Hyderabad batsman Vijay Shankar took a blow on the helmet by a throw from Kings XI Punjab's Nicholas Pooran. "The game has become faster but is it getting safer? Recently, we witnessed an incident, which could've been nasty," Tendulkar wrote on Twitter."Be it a spinner or a pacer, wearing a HELMET should be MANDATO-RY for batsmen at professional levels. Request @icc to take this up on priority," he tweeted.

Batsmen usually wear a

helmet when facing a fast bowler but take the head gear off when a spinner comes on to bowl. Shankar fell to the ground after taking the hit but escaped injury in the IPL league game last month

Head injuries in the game were back in focus after Australian batsman Phil Hughes' tragic death in 2014 due to a hit on the neck just below the helmet. Former Australia batsman Phil Hughes died two days after being hit in the neck by a bouncer during a Sheffield Shield game in Sydney > The International Cricket Council(ICC) has since improved helmet standards, with equipment companies adding extra protection in the neck area to prevent serious injuries

PLAYERS REACT

Why not make helmet compulsory for wicketkeepers (standing up), batsmen, short leg-silly point fielders and both the umpires? Safety is also important!" PRAGYAN OJHA, Former left-arm spinner



"You are dead right, @sachin_rt. Wearing of helmets should be mandatory at all levels Ravi Shastri, INDIA'S COACH

Should helmets be made compulsory for batsmen?

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

STORE MANAGEMENT TOOL TO HELP USERS IDENTIFY, REVIEW, DELETE CONTENT



acebook-owned instant messaging application WhatsApp has redesigned its storage management tool to make the platform more useful for people to easily identify, review and delete bulk content that may be acquiring more space on their phones.

► The tech giant now offers easy clean-up suggestions by bucketing both large files and media that has been forwarded many times, sorting files according to size in descending order, and by providing a way to preview files before deleting them

> The new update also allows users to see a preview of media before selecting one or multiple items to delete Users can navigate to the new

tool by going to settings, followed by storage and data, and access the manage storage option

SCIENTISTS DISCOVER NEW MINERAL IN MOON METEORITE

team of European researchers has discovered a new highpressure mineral named donwilhelmsite in the lunar meteorite Oued Awlitis 001. This new mineral from the Moon could explain what happens in the Earth's

The mineral was named in honour of lunar geologist Don Wilhelms, an American scientist, who was involved in landing site selection and data analyses of the Apollo space missions that brought to Earth the first rock samples from the Moon

mantle.

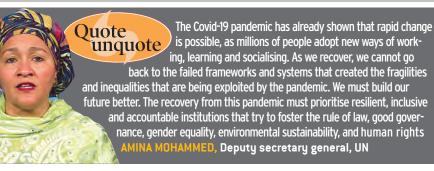


) DID YOU Donwilhelmsite is mainly composed of calcium, KNOW \$/ aluminum, silicon, and oxygen atoms

> > It was discovered within the shock melt zones of the lunar meteorite Oued Awlitis 001, which was found in 2014 in Western Sahara

> This meteorite is compositionally similar to rocks comprising the Earth's continents

> Eroded sediments from these continents are transported by wind and rivers to the oceans, and into the Earth's mantle as part of the dense oceanic crust



Ramon Delgado in the first round at Mallorca

15, when he beat Paraguayan

came in May 2002 at the age of

A year later, the 16-year-old Nadal stunned the tennis world by beating French Open champion Albert Costa under floodlights in the second round at the Monte **Carlo Masters**

► By the age of 24, he had already reached 500 wins. His career tally also includes 35 Masters titles and 86 tournament victories overall

emocratic presidential nominee Joe Biden has received the most votes for any presidential candidate in the US history. With more than 72 million votes so far, Biden has broken the record previously set by former President Barack Obama, who had received about 69.5 million votes in 2008

Heard of 'Smartphone Pinky'?

o, it's not youi next door neighbour's daughter's name. According to physicians, smartphone pinky is a condition that leads to a dent in the pinky finger of smartphone users, who are addicted to it. Experts say, this deformity happens due to the

faulty way people hold their phones.

But is smartphone pinky a real thing? Pharmacist Pareena Patel says, "While there is no clinical evidence yet to suggest that smartphones can damage our pinkies specifically, nor is it an official medical condition, there are reasons to believe that excessive phone use can impact our muscular function and may damage our joints, particularly in the thumb and wrist area.

HERE ARE SOME WAYS TO REDUCE THE RISK OF YOUR PHONE **CAUSING ACHES OR INJURIES...**

GENTLE HAND EXERCISES

Patel says, "If you are experiencing problems in your fingers, there are some gentle exercises you can do to help stretch your muscles. One of



these exercises include a 'finger curl'. For this exercise, you simply need to clench your hand into a fist, followed by gently releasing and stretching out the fingers. This can be repeated up to five times a day, with a repetition of five each time."

SWITCH OFF

"This is the most obvious, but detoxing the use of your smartphone may help reduce any pain your hands are experiencing. You should try and set time for not using your phone. You could also try and place your phone flat on a surface ahead of you to avoid the urge to grasp it with your hand and curl your fingers round," Patel adds.

JOB 'WHALE' DONE



safety barrier but was prevented from plummeting into water by a sculpture of a whale tail. The driver of the train, the only person on board, was unharmed in the incident, which happened just after midnight at Spijkenisse, near the port city of Rotterdam in the Netherlands. The front carriage was left hanging 10 metres above the water, propped up only by the giant silver-coloured sculpture, called, 'Saved by the Whale's Tail.'

02

No one succeeds without effort... Those who succeed owe their success to perseverance

-Ramana Maharshi

FOCUS. LEARN. MASTER

FRIDAY, NOVEMBER 6, 2020

ocial Studies encompasses the study of our past, the economic conditions, the political system, and society we live in. During these difficult times of lockdown, the role of a social science teacher is even more laborious as he/she has to create a learning environment for the students to be able to think, function, and to find reallife experiences between oneself and events and people from the past, present and future.

We can break down the types of subjects and different techniques can be used during the online classes to not only to make it interactive but also to draw their interest.



History highlights the key occurrence of the past. Children can be encouraged to use different kinds of

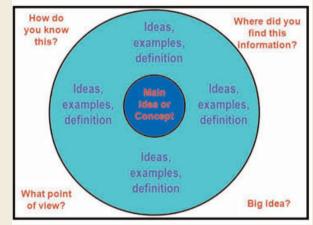
HISTORY

DOUBLE BUBBLE MAP

s a tool for comparing and contrasting things. This may include individuals, events, places, ideas among others. It begins with two adjacent central bubbles in which the two ideas are written.

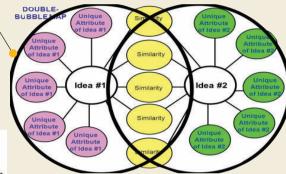
CIRCLE MAP

Thinking Skill: Defining in Context & Brainstorming



BUBBLE MAP

s when visual variable of sizes are used to display differences in the magnitude of a certain changing



thinking maps for better learning and understanding of this subject. These include :

BRACE MAP

elps identify whole and part relationships. It is used for something concrete that can be broken into components or subparts.

A TIMELINE WITH A TWIST

T he children can make a digital timeline using different visuals to help them remember the events better and in chronological order.

SHAPES & EVENTS

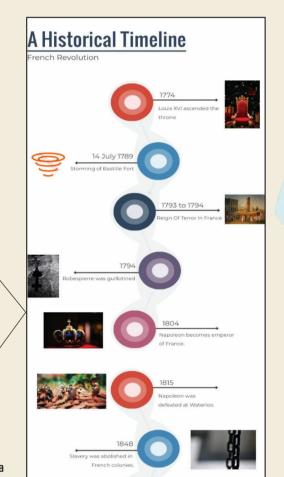
Renjini V R, TGT Hindi, Army Public

School, Thiruvananthapuram

ew shapes other then the regular ones can be used, N such as a clock to put up events from 1 to 12.

COMMON CHILDHOOD GAME

ame /Place/ Animal / Thing can be played by changing a few of the headings as per the content learned.



MY SCHOOL PROJECT SMART WALKING STICK

GEOGRAPHY

t is all about learning and understanding the principles and phenomena that affect our everyday life. Acronyms and associated learning techniques can be used. Acronyms such as PAISA can be used to learn the names of the ocean. Children can create a few of their own and encouraged to find some new strategies to overcome their learning difficulties and bring it to the classroom.

CIVICS

This subject revolves around the system of the world around us and the kind of role that we play being in the system. At our school, we initiated a Zebar News Channel and encouraged children to be a part of it where they bring in the latest updates and stay connected to what is happening in the world. Online quizzes are not only conducted by the students but also created by them using apps. Video-making using app also helps the students work in groups and grasp the content.

ALWAYS REINVENTING

here are many components that go into making a positive learning environment for students. By implementing such techniques, we can help them be enthusiastic and optimistic learners which will foster improved academic performance.

Learning is a process and marks are just a by-product. So, let's focus on that.

> Jaskiran Sidhu, **Educator, Zebar School** For Children,

Getting set for online exams during 'new normal'

nline exams demand a higher degree of focus as there is no human interface and no extra time permitted. Even if children can access textbooks, notes or other resources during exam, they will not get time to look at them. Here are some ways to reduce 'exam stress.'

- Say NO to rote learning.
- Discuss what you learnt with your peers.
- Ensure you take a short break after every
- hour to keep your brain from overworking. Meditation and physical exercise improve your concentration power.
- Keep away from social media.
- Always be positive and believe
- in yourself
- Read and understand the test guidelines
- Check your device or gadget and internet connectivity
- Do not lose your cool in case of a technical glitch.
- Prepare well and be familiar with
- the course content.
- Use time judiciously

A cell supplies a current of 0.9 A through a 2 Ω resistor and current of 0.3A through a 7 $\Omega\,$ resistor. Then the internal resistance of the cell is : a) 0.5 Ω b) 1 Ω c) 1.2 Ω d) 2 Ω

The strength of the magnetic field at a point r near a long straight current carrying wire is B. The field at a distance r/2 will be: a) B/2 b) B/4 c) 4B d) 2B

3 What is the percentage error in the measurement of time period of a pendulum if the maximum errors in the measurement of I and g

are 2% and 4 % respectively? a) 6% b) 4% c) 3% d) 5%



4 Speeds of two identical cars are u and 4u respectively at a specific instant. The ratio 8 of the respective distances at which the two cars are stopped from that instant is :

- a) 1:1 b) 1:4 c) 1:8 d) 1: 16
- **5** If water falls from a dam into a turbine wheel 19.6 m below then

MCQs: PHYSICS

the velocity of the water at the turbine is: a) 9.8 ms⁻¹ b) 19.6 ms⁻¹ c) 39.2 ms⁻¹ d) 98.6 ms⁻¹

A satellite of the earth is revolv-**O** ing in a circular orbit with a uniform speed v . If the gravitational force suddenly disappears the satellite

will: a) Continues to move with a velocity along the original orbit b) Move with a velocity v tangentially to the original orbit c) Fall down with increasing velocity

somewhere on the original orbit.

- The self-inductance of the motor of an electric fan is 10 H. In order to impart maximum power at 50 Hz it should be connected to a capacitance of

a) 4 μF b) 8 μF

d) Ultimately come down to rest

c) 1 μF d) 2 μF

8 A rectangular vessel when full of water takes 10 min to be emptied through an orifice in its bottom. How much time will it take to be filled when it is half filled

a) 9 min b) 7 min c) 5 min d) 3 min

9 Consider an n-p-n transistor amplifier in common emitter configuration. The current gain of the transistor is 100. If the collector current changes by 2 mA. What will be the change in emitter current?

HOW I WENT ABOUT IT

• There was a survey in 2010 stating that about 85 million people are visually impaired in the world. I felt I should do something to help them.

• There is a readymade kit available consisting of a sensor, a circuit board and a speaker. I bought it and attached these (put inside a plastic case with a hole for the sensor) to the stick.

• The sensor senses the obstacle and passes on the signal to the circuit. The circuit amplifies the signal and sends it to the speaker; the speaker emits the beep.

Surabhi Raut, class X, **NES National Public School** Mulund

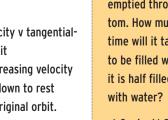


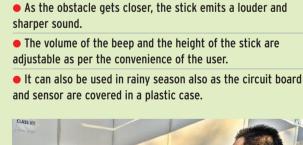
a) 2 mA b) 1,2 mA c) 2.02 mA d) 2.2 mΑ The intensity ratio of maxi-

O ma and minima in an interference pattern produced by two coherent sources of light is 9:1. The intensity of the used light sources are in the ratio: a) 3:1 b) 4:1 c) 10:1 d) 9:2

ANSWER KEY			
1. a	4) d	7) c	10) b
2. d	5) b	8) b	
3 C	6) h	9) c	

G Revathy, teacher, Air Force School, Hebbal, Bengaluru





WHAT IS IT?

the speaker inbuilt in it.

SALIENT FEATURES

• It is a stick which helps the visually impaired people to walk.

• If any obstacle appears approximately 1-2 metres in front of

the person using the stick, a sound or a beep is generated by

Ahmedabad

CLICK HERE: FOR PAGE 3 AND 4

FAMILY TIME

"Life is short, but there is always time enough for courtesy." **RALPH WALDO EMERSON, POET**

FRIDAY, NOVEMBER 6, 2020

Guide for introvert parents to nurture extrovert kids

hat happens when parents hesitate to come forward and try something new which is out of their comfort zone? Well, if parents are introverts, it can get difficult for them to manage extrovert kids. It can be emotionally exhausting to raise a child who is socially interactive, experimental and loves to meet new people regularly. That's just not the same as you. Studies have shown that introverted parents find it really difficult to raise children who are extroverted in nature. A child definitely blooms on their own, but a parent's support is essential too. Here's a step-by-step approach on how to tread this path smoothly.

HAVE INTERESTING **CONVERSATIONS**

Conversations obviously interest you, so you can relay the same to your child. You just have to add a little bit of twist to it, saying that it's a game. Socially active chil-

dren love playing games. They spring to play all types of games, at whatever chance they get. So, you can

indulge

rational values in the bedtime stories you read to them or add motivation quotes by famous writers or people every time your child intends to climb the ladder of success. While driving back from the burger drive-in, tell your child what matters to you and ask

INVITE YOUR FRIEND OVER PLAYDATES

them the same. It can be really helpful.

Interaction with other kids and playtime is very important for a child. They learn to be social and also enjoy playing outside in the park or over a board game of Ludo. In such situations, if there are many children and their mothers have come over too, you can always ask one of your close friends or someone you know to accompany you. This can be reassuring as they will get the free environment to interact more at a large children's play-date party.

RESPECT EACH OTHER'S PREFERENCES FROM AN EARLY AGE

If you fill your words with positivity and are successful in making your child understand that everyone has their preferences, then you're doing it right. You have to talk to your child about this, and it's absolutely necessary. Make them understand in their own way that their par-

can be exhausting to have a child who is more extrovert than you, so taking time-out is important for revitalisation. If you are happy, it will also mean well for your kids child can want

> examples of their friends or of some character from a Disney movie. They will understand it faster and better. Once they know that it's perfectly alright to be different from their parents, the child will be more open and understanding. They will respect your wishes and love you for being open about your likes.

ents

may prefer

different

other things. Cite

things and the

APPRECIATE THEM

Always let your child know that their personality, even if it is

different from yours, is radiant and bright and all things good. Validate their choices and likes and tell them how proud you are of them. Letting them know publicly and privately can make them very happy.

03

TAKE OUT TIME FOR YOURSELF

Looking out for your child is necessary, but give some 'me time' to yourself. It can be exhausting to have a child who is more extrovert than you, so taking timeout is important for revitalisation. If you are happy, it will also mean well for your kids.



#TIPS FOR MOM-DAD

Make your child's mask tolerable

For many children, wearing a mask constantly can be hard to adjust. Some tips:



Wash first Use hot water with unscented detergent to remove any chemical or packaging smells. Wash masks daily - or more often if soiled.

Consider the straps

Some straps can tug hair or irritate sensitive scalps. Place these under a ponytail or use a cord lock to make these straps tighter. For ear loop masks, use extenders or sew buttons onto a headband/baseball cap to hold the ear loops.

Try distracting them

A drop of a therapeutic grade essential oil on the outside of a mask can distract children from unpleasant smells. Citrus and mint tend to pep kids up, while florals tend to calm. Letting them chew gum or play with hand toys (like a squishy ball or clay) is another way to redirect mask fidgeting.

Enlist their help

Kids do best when they feel a sense of control. Consider masks with their favourite animals, characters or team names or ask them ideas on how to deal with mask discomfort. Their solutions might surprise you. Source: The New York Times

RIGHT WAY TO STAY STRESS-FREE



Gratitude journalling can boost your mental health, a study has shown. Workplaces where staff are encouraged to keep a diary of things they're thankful for are less likely to have office bullies, according to research by the University of Central Florida. Every day, for two weeks, participants wrote down things they were grateful for. As a result, ^{activities} BOX colleagues reported fewer negative

behaviours. So mummy, write that down!

EAT **HEALTHY ALWAYS**

Don't throw away the contents of your carved pumpkin...the gourd and its seeds have a host of health and beauty benefits. Pumpkins and their seeds contain zinc, iron, magnesium, vitamin C and vitamin A. A cup of pumpkin gives you all your required daily allowance of vitamin A and 20 per cent of your vitamin C - so it's a great trick to treat your skin, hair, nails and gums.



A. Aircraft carrying warship

B. Missile carrying submarine

C. Advanced light helicopter

D. Intercontinental ballistic missile

Q.5) Who is the first non-

Indian to receive the

C. Khan Abdul Ghaffar Khan

Bharat Ratna?

B. Mother Teresa

D. Aubin Mehta

A. Martin Luther King



A new sleep condition has been named 'coronasomnia' by researchers at the University of Alabama, US. They say there are strong links between the pandemic and sleeplessness after more than a third of people reported sleep difficulties due to stress. Bill Fish, of the Sleep Foundation, advises: "Set up your bedroom as a sanctuary for sleep." Give it a try.

STEVIA NOT SUGAR PLEASE

Guzzling diet fizzy drinks increases your risk of stroke and heart disease, according to a study, just like the sugary versions. French researchers found that drinks containing artificial sweeteners – such as sucralose, aspartame and stevia did not cut heart health risks and were not a safe substitute. Try to cut that caffeine to the minimal. This will ensure less stress and more sleep.



QUIZ TIME (CURRENT AFFAIRS)

Q.1) Which of the follow-**Q.3)** Who was the first to ing is India's highest win the Nobel Prize for honour in the field of literature? literature? A. Albert Camus A. Vyas Samman B. Ernest Hemingway B. Kalidas Samman C. Knut Hamson C. Inannith Award D. Rene Sully Prudhomme D. Saraswathi Samman

A. Charlie Chaplin

B. Alfred Hitchcock

C. Walt Disney

D. Kurosawa

Q.4) In the context of **Q.2)** The Oscar Award Indian defence, what is was won 36 times by..... Dhruv?

A N S W E R S

1. C) Jnanpith Award 2. C) Walt Disney 3. D) Rene Sully Prudhomme 4. C) Advanced light helicopter 5. C) Khan Abdul Ghaffar Khan

KNOWLEDGE BANK

Caracal

Caracal is a wild cat. Also known as the desert lynx, it is found in north Africa, Central Asia and Arabian Peninsula. A distinctive

feature of the caracal is its pointy and tufted ears with black fur on the tips. It is a carnivore which hunts small mammals. It lives up to 20 years in the wild and 30 years in captivity. Its top speed is around 80 km/h. The caracal appears to have been religiously significant in ancient Egyptian culture. Chinese emperors used caracals as gifts.

SHARMILA, teacher, Diya Academy of Learning, Bengaluru

GRAMMATICAL MISTAKES

INVITE/INVITATION

THE RULES:

Invite (verb) refers to asking someone if they'd like to do something or go somewhere. Invitation (noun) is the actual message that is sent out to someone.

HOW NOT TO DO IT:

- I haven't responded to her invite yet.
- I'm going to invitation her to join us.

HOW TO DO IT PROPERLY:

- I haven't responded to her invitation yet.
- She sent me an invitation. I'm going to invite her to join us.

SUDEEPTA MOHANTY, Teacher, Diya Academy of Learning, Bengaluru "Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." Michael Jordan, former basketball player

SIMPLY SPORTS

FRIDAY, NOVEMBER 6, 2020

CAN 2020 BE THE YEAR FOR

ches, seven devastating defeats, and seven morale-boosting wins, the question remains the same – can /irat Kohli-led Royal Challengers Bangalore? Having said that, let's try to figure out why dark horses RCB an rise to the challenge and end their 13-year-long wait for their maiden IPL title this season

PADIKKAL & CO. HAVE SETTLED **INTO A NICE PATTERN**

KOHLI AKA CAPTAIN FANTASTIC



DUGIO FINCORP

M

Kohli has done a commendable job in embodying **RCB's play bold** and fearless attitude in the 13th edition of the IPL. Leading from the front, Kohli has proven his mettle both as a matchwinner and gamechanger for the **RCB** side in the league stage. "We've got two games to reach the finals; we have a shot, we have an opportunity and that's team," Kohli had said when he was last seen at an IPL post-match press conference in UAE.

DISCIPLINED CHAHAL

MORRIS AND WASHINGTON



In a batsman's world, spinner Washington Sundar continues to deliver the

ABD FLOURISHING, LATELY... It goes without saying that leg-

3 endary South African batsman AB de Villiers is still giving exciting young talents and explosive powerhitters a run for their money in IPL 2020. From snatching victory from the jaws of defeat against Rajasthan Royals (RR) to his batting masterclass at Sharjah, De Villiers aka Mr 360 has fashioned a series of memorable wins for the Kohli-led side this season. The Proteas talisman has scored 398 runs with the willow and the RCB side is blessed to have an on-song ABD ready for the playoffs stage of this season's IPL.



le TEST YOUR KNOWLEDGE

CRICKET QUIZ | Chris Gayle

• Against which country did • Chris Gayle make his Test debut, in the year 2000? a) India 🗅 b) Sri Lanka 🖵 c) Zimbabwe 🖵 d) South Africa 🚨

04

MPL

Q2. In the year 1999, Chris Gayle made his ODI debut. Against which country was the match? a) India 🔲 b) Sri Lanka 🔲 c) Zimbabwe 🔲 d) South Africa 🚨

7 In how many Test matches Q3. did Chris Gayle make 7214 runs? a) 102 🗋 b) 103 🔲 c) 104 🔲 d) 105 🗔

a lot of years and (that) is something

that makes me feel happy.

Rafael Nadal, tennis player

• In how many ODI matches did Chris Gayle make 10480 runs? a) 301 🗋 b) 303 🗋 c) 304 🗔 d) 305 🗔

C In 2012, he became the JJ. first cricketer in Test history to smash a six on the first ball. Against which country did he achieve this feat, and who was the bowler?

a) New Zealand, Martin Guptill 🖵

Sohag Gazi 🔲 d) England. Ian Bell 🔲 6. What is Chris Gayle's highest score in Tests?

b) Australia, Bret Lee 🖵 c) Bangladesh,

TYKA

Rashid Kha

a) 321 not out 🛈 b) 333 not out 🗅 c) 333 🔾 d) 321 🗖



7. What is Chris Gayle's • highest score in ODIs? a) 215 not out 🔲 b) 333 not out 🔲 c) 333 🔲 d) 215 🚨

Juventus humbled Ferencyaros 4-1

Leipzig defeated Paris 2-1

Q8. Gayle slammed the rase **O** • Gayle slammed the fastest cricket, while playing for Royal Challengers Bangalore (RCB) against Pune Warriors in IPL 2013. In how many balls did he reach his 100? a) 66 balls 🗋 b) 30 balls 🗋 c) 50 balls 🗋 d) 40 balls

O . How many wickets has Chris Gayle taken in ODI format? a) 166 🗋 b) 167 🗔 c) 168 🗔 d) 169 🗔

• How many wickets has • Chris Gayle taken in Tests format? a) 72 🗋 b) 73 🗋 c) 74 🔲 d) 70 🗋

1 The West Indies opener become the first-ever player to smash 500 sixes in international cricket. Against which country was the ODI played?

Demba Ba

a) England 🗋 b) Pakistan 🗔 c) Sri Lanka 🗔 d) Zimbabwe 🚨

2. Chris Gayle became the first player in the cricketing history to score a double hundred in a World Cup, when he scored 215 in 147 balls. In which year did he achieve this feat? a) 2007 🗋 b) 2011 🗋 c) 2015 🔲 d) 2019 🗋

1 c) Zimbabwe 2 a) India 3 b) 103 4 a) 301 5 c) Bangladesh, Sohag Gazi 6 c) 333 7 d) 215 8 b) 30 <u>balls 9 b) 167 10 b) 73 11 a)</u> England 12 c) 2015