



# THE TIMES OF INDIA

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STUDENT EDITION

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WEB EDITION

## EXPERTS DEBATE COVID-INDUCED ONLINE LEARNING

### GOOD SCREEN TIME VS BAD SCREEN TIME

Parental guidance in digital learning, clear distinction between productive and unproductive screen time, and interactive sessions rather than one-sided video lectures are some of the measures suggested by experts to ensure the success of online learning mandated by the Covid-19 pandemic. The experts shared their views in a webinar organised by FICCI ARISE (Alliance for Reimagining School Education) on 'Good Screen Time vs Bad Screen Time' for a fair assessment of the nature and need of online learning.

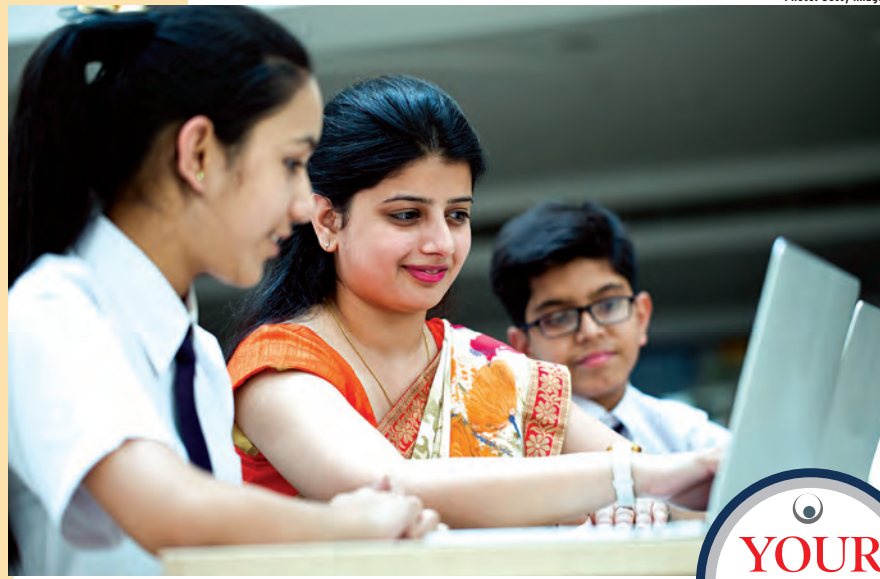


Photo: Getty Images

#### PRODUCTIVITY IS THE KEY

It is not the screen time that matters but the content that is consumed, and the context of it that affects one's well-being. It is imperative to make a distinction between productive and unproductive screen time. Screen time, where an adult is on the other side, engaging children in the process of learning, cannot be viewed as harmful. Teachers ought to be trained to ensure that these are not one-sided lectures, and there is a certain level of interactivity, and also

tasks integrated into the lesson that allows the child to work independently. In other words, it is the quality of the interaction and the content that matters, not the time. VISHNU KARTIK, alumnus, Harvard University. It is not a good idea to expose children to screens below the age of two. However, for children above three years, 2-3 hours of time engaged in active learning is a good enough screen time. RAVINDRAN, education psychologist

#### CYBER HYGIENE SHOULD BE FOLLOWED

Parents and children need to understand that we are digital citizens. It is time to give children the values of digital citizenship—responsibility, respect, compassion, resilience, integrity and creating positive digital footprints. Two words should be added to the curriculum—netiquettes and digital wellness, which should compliment with the word, cyber hygiene. RAKSHIT TANDON, cyber security expert

With online becoming the new normal, parents and educators, we invite your suggestions on how to make good use of screen time for kids. Please send your entries@toinie175@gmail.com/time snie175@gmail.com

YOUR VIEWS MATTER

#### SAFETY TIPS

- ▶ Eyes are sturdy and can take all kinds of radiations, however, what matters the most is, when the blinking rate goes down, or if the exposure to a screen is at a close distance
  - ▶ Size of the screen matters—laptop and computer at an arm's length is intermediate, and are therefore, more suitable as against a tablet, book or the mobile phone, held close to the eye
  - ▶ The best way to deal with the harmful effects is by taking enough breaks. For instance, a 10-10 rule or a 20-20 rule, wherein after every 10 minutes, one must practise shutting the eyes for 10 seconds. Same for the 20 minutes rule. One could also download applications to set reminders about these healthy practices
- PARUL SHARMA, Ophthalmologist

#### NEWS IN BRIEF

##### HALSEY ANNOUNCES HER DEBUT POETRY BOOK

American singer Halsey is all set to come out with her debut poetry book, 'I Would Leave Me If I Could'. To be published by Simon & Schuster, the poetry collection, will be out on November 10 this year.

#### BOOK

The poems delve into the highs and lows of doomed relationships, family ties, sexuality, and mental illness. These autobiographical poems explore and dismantle conventional notions of what it means to be a feminist, in search of power

##### MEET EXOTIC BIRDS IN LIVE SESSION SERIES

For all you bird enthusiasts out there, Mumbai's interactive bird park is offering a series of four live sessions with their ex-



#### ENVIRONMENT

otic celebrity birds. Termed 'celebirdies', the EsselWorld Bird Park's 'Celebirdy LIVE', which starts on July 14, will see bird handlers doing a walkthrough of the Park, while introducing it and spotting some of the free flying birds at the premises. 'Kick', the Green-winged Macaw will be the first celebrity that will go live with the bird handlers, who will talk about the bird and discuss interesting facts on it.

#### YOUR CORNER

What is your favourite hobby? Please share your views on how hobbies can become meaningful at toinie175@gmail.com/timesnie175@gmail.com

BEST ENTRIES WILL BE FEATURED IN TIMES NIE

#### EDUCATION

##### CBSE, FACEBOOK TO TRAIN STUDENTS AND TEACHERS ON DIGITAL SAFETY



The Central Board of Secondary Education (CBSE) has announced a partnership with Facebook to provide training on digital safety, online well-being and training on augmented reality (AR) to students and teachers. The training modules are for the secondary school students. The curriculum is now available on the CBSE website.

- ▶ The curriculum on digital safety and online well-being covers aspects, such as safety, privacy, mental health, and Instagram's guide for building healthy digital habits
- ▶ The module has been designed to guide students to become responsible digital users, identify and report threats and harassment, as well as report misinformation
- ▶ At least 10,000 students will be covered in the training, which will be imparted by the Centre for Social Research (CSR)

##### INSTAGRAM TO LAUNCH A HUGE REDESIGN FOR STORIES

Facebook-owned Instagram is preparing to launch a huge redesign that would make easier to watch



#### TECH BUZZ

favourite Stories in one place. Julian Gamboa, the marketing and social media manager at Adweek, recently posted screenshots of the new layout on Twitter and wrote: "You have heard of two rows of Instagram Stories... Now prepare for SEE ALL STORIES."

- ▶ The screenshots indicate that the main feed may soon include two rows of Stories at the top of the screen
- ▶ Additionally, there will be a new 'See All Stories' bar at the top of the screen and once tapped, a user will be taken to a new tab, in which all friends' stories are laid out in a grid
- ▶ Instagram is also working on a new feature called video note for its standalone messaging app threads that help users stay connected to close friends. The new feature will automatically turn audio in videos to live captions

##### WHATSAPP ROLLS OUT FIRST-EVER GLOBAL BRAND CAMPAIGN IN INDIA

WhatsApp has launched its first brand campaign in India that narrates real stories about how Indians communicate daily on



#### NEW LAUNCH

WhatsApp with their closest relationships. Called, 'It's Between You', the campaign gives thrust on WhatsApp's commitment to privacy. "With WhatsApp's end-to-end encryption, we come closest to replicating real-life interactions, and that's when we can truly be ourselves. The conversations you have, the jokes you tell, and the memories you relive belong to you, and deserve to stay between you," said Avinash Pant, director, marketing, FB, India.

- ▶ WhatsApp collaborated with filmmaker Gauri Shinde, along with BBDO India, to create two 60-seconds ads, each highlighting how WhatsApp's features, like texts, video calls or even a voice message, help replicate in-person conversations and bring people closer.
- ▶ One ad is based on a true story about an elderly woman and her caregiver, who are now separated from each other. The second story is a light and fun film about a younger sister, giving courage to her elder one through a WhatsApp video call, when the latter feels vulnerable and hesitant to give her a haircut at home

### The South Pole may become a watery hole



A new study has revealed that the South Pole is warming thrice as fast as the global average in the last three decades and seven times as fast as the rest of Antarctica, raising serious concerns about the longevity of the icy continent.

#### DEEP INROADS

- The findings of the study are all the more startling, as scientists previously thought that since the South Pole was located deep in the interior of Antarctica, it was relatively immune from the effects of global warming
- Antarctica has enough ice, which if fully-melted, can raise global sea levels by 60 metres. That would drown not only cities, like Mumbai and New York, which are along the coastline of their respective countries – India and the US – but also cities, like Kolkata, which lie deeper inside the coastline

#### ALERT

**LONG SHOT:** The research team also found that till the 1980s, the South Pole was actually cooling by more than one degree Celsius every decade, thanks to its natural climate patterns that followed a 20 or 30 year cycle. However, at the turn of the century, it gave way to a 1.8 degrees Celsius warming, a rise of almost 3 degrees Celsius, courtesy warming in the west-

ern tropical Pacific Ocean near the equator – a region lying between Australia and Papua New Guinea, 'merely' 10,000 km away!

### Elton John to be honoured with commemorative coin by Royal Mint



Elton John has become the second artiste to be honoured by Britain's Royal Mint, with a commemorative coin paying tribute to the decorated British singer-songwriter

- ▶ The coin, designed by artist Bradley Morgan Johnson, depicts John's distinctive straw boater's hat, and fashions his trademark glasses out of a pair of musical notes
- ▶ John, who was knighted in 1998, is the second artiste to be commemorated under the Royal Mint's Music Legends series, after rock band, 'Queen'
- ▶ He has sold more than 250 million records, with hits, like 'Candle in the Wind', 'Your Song' and 'Bennie and the Jets'



LEARN TO PLAY AN INSTRUMENT WITH THESE FREE ONLINE MUSIC LESSONS

#### DRUMS: Drumeo

DrumLessons.com, run by Drumeo, contains dozens of drum lessons that are rated by level, making it easy to pick and choose the beginner, intermediate, and advanced lessons, you'd like to learn. It includes, stick technique, setting up your kit, drum rudiments, basic beats and fills, among others



#### GUITAR: JustinGuitar.com

Justin Sandercoe, a Tasmanian guitarist and songwriter, has been offering free guitar lessons on his website since 2003. In the past 12 years, the site has exploded in popularity, racking up over 140 million views on YouTube and getting over 25,000 visitors each day. JustinGuitar.com will walk you through the basic principles of playing guitar



#### SAXOPHONE: DANCHRISTIAN.NET

A three-instrument music tutor, Dan Christian is a great teacher, and his website, focused on sax lessons, will help you get started, down the path towards jazz (or blues, or rock, or hip-hop) stardom. The selection is good; it will help you learn the basics



#### PIANO: Hoffman Academy

For people who wish to learn to play the piano; Hoffman Academy is a great place to start. Joseph Hoffman is a lifelong pianist, and has experience in conducting, composing, and music teaching. His venerable experience helps make Hoffman Academy, one of the best places to learn piano online



TIPS TO BECOME  
INDEPENDENTLife skills  
you need to know

## HOW TO MANAGE TIME

Children have a strict schedule at school. However, they do not have a set timetable to follow when they are at home. So, this is the perfect time for teens to learn how to prioritise and manage their time. Parents should let their kids make their own schedule for when they are at home. A review can help them understand what they can change to make the day more productive.

HOW TO HANDLE  
DISAPPOINTMENT

Disappointments are at a high during times like these. With plans being cancelled and the uncertainty of life ahead, teens might take a lot of things to heart. This is when you need some intervention to help in a positive manner. Tell yourself - that almost every time alternatives to your disappointments are available at an arm's length, only if you look for them with an open mind.

HOW TO TAKE CARE  
OF A VEHICLE

Teens should know what to do if they get a flat tyre and the ways in which you manage wear and tear of a vehicle. They should also know how to spot potential problems that can occur when they begin driving. Look at YouTube videos or ask elders to help you discover and explore all about vehicle care (car, bike).

HOW TO MANAGE  
MONEY

Managing money is undoubtedly one of the most important skills teens will need when they start learning. They should know how to budget expenses and also know the average cost of essential expenditures like electricity, rent and maintenance. They should also be aware that their academic performance can get them entry in a college and job that will be able to support their dreams.

9  
STEPS  
To become  
self-reliant

Atmanirbhar Bharat (self-reliant India) is the vision of PM Narendra Modi of making India a self-reliant nation. Is self-reliance a good quality to possess? Experts say, this should be taught from a very young age. It is important for us to be self-reliant because it helps to handle tasks efficiently, grow as an individual, and know how to tackle things independently!

LEARN HOW TO BE  
MORE PATIENT

1 A media organisation shares how French children, as young as 2 or 3 years old, are learning how to bake. Pamela Druckerman in 'Let Them Eat Cake' explains how "with practice, they get better at coping with a bit of frustration and boredom. They don't expect to get what they want instantly. They can patiently proceed through a simple recipe." This is important because you should know that things take time, and that you may not always get what you want.

DO TASKS  
INDEPENDENTLY

2 It's time you pick up your own bag and collect your own stationary items. When you do your own tasks, you will learn much quicker and better. Whether it is with making food, getting your things together, or learning everyday things like tying shoe laces. Set yourself a target and make sure you complete daily tasks on your own.



## HOUSEHOLD CHORES.

## WHY NOT!

3 You can help vacuum the house or help in washing/mopping and so on. These tasks may seem too boring, but by singing along or creating a fun dance, you can enjoy it and learn how to be more self-reliant and also know to multitask. See below for some chores you can start with right away!

## CLEAN UP TIME!

4 Learn to clean up your own mess. After playing with toys, you should put them away back in place neatly. This will help you learn the skill of organising things better.

READ WITH  
YOUR PARENTS,  
BUT ALSO  
LEARN TO  
READ ALONE

7 When reading with parents, delve deeper into the story, ask them questions about what is going to happen to your favourite character etc. to know more. This is called being actively engaged. It will help you pay more attention and aid your thought processes. You should also read alone as it will help in feeding your imagination, and thinking.

MAKE SURE YOU  
TALK ABOUT  
SITUATIONSTAKE SOME DECISIONS  
ON YOUR OWN

6 Choosing what to do, what type of food to eat, what colour to wear - these things will help you in learning how to make decisions.

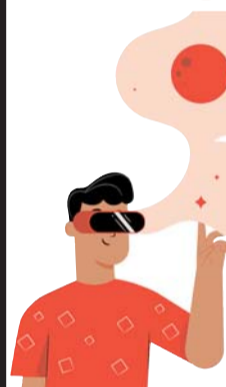
ALWAYS KNOW  
THAT YOUR  
EFFORTS ARE  
NOTICED

8 You are being taught how to become more self-reliant, but you must always know how loved you are. Let this serve as an inspiration for you to work harder.



## REALITY CHECK

9 Have you thought about the reality of everyday situations? Did you know that YOU can tell the difference between right and wrong sometimes better than adults can. So, get a reality check on things that you had assumed to be so.

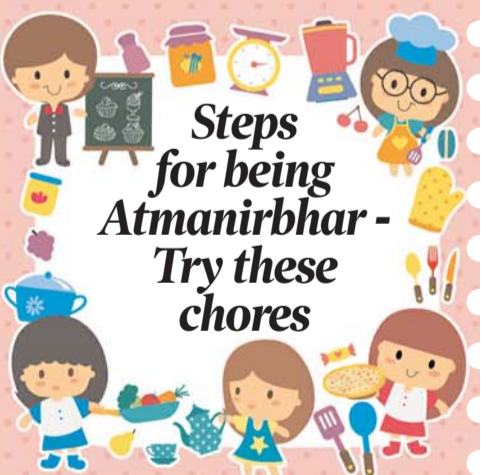


## #atmanirbhar



**#1 Making Beds** This is one household chore that you need to learn at a young age and eventually do it yourself - with little or no adult supervision. All children should be made responsible for looking after their beds and making sure it is done properly once they wake up in the morning. As you grow up, you should know how to change bed sheets and pillow covers as well.

**#2 Setting the Table** Don't you love seeing a table that has been perfectly set up with table mats, crockery and cutlery, and centre pieces - all in place? While the end result is appealing and inviting, there is a lot of effort that goes into setting the table and a few extra pair of hands to help would be great. For your younger siblings; help them place mats and arrange their own plates and bowls on mats.



Avoid handing them sharp objects like knives, forks and spiky utensils.

**#3 Watering Plants** Boring for some, relaxing for others, watering plants is a simple household chore that you can take responsibility for. It can also be a teaching moment where you learn about planting seeds and keeping them healthy, how plants breathe and their significant role in sustaining life on earth. Once the habit has been built, you will start enjoying this wonderful activity and find joy in seeing the flowers bloom and the plant bearing fruits.

**#4 Doing Laundry** One of the things to do during this lockdown is doing laundry. Start with something small and simple like sorting out the clothes between light and dark ones.

## MATH-E-MAGIC

## RULES OF THE GAME

The zombie board game is a fun game for teachers and students. There are traps, pitfalls and escapes in this game. It is called zombie board game because the zombie represents the biggest single threat to the players. Landing on a zombie space sends a player back to start.

- Roll the dice and count ahead according to the number that shows up.
- When a player lands on a space, he/she pulls out a card, solves the problem and finds the answer within a given time. (N.B. print out a deck of at least 24 cards from the website and laminate them).
- The instructions on the other spaces are pretty straightforward.
- Lose a turn:** the player loses a turn to play.
- Go forward** →
- Go backward** ←
- The **zombie** is the space no one wants to land on. It is a killer. Landing on the zombie sends the player back to start. Restarting is no fun when your opponent is advancing.
- Trade Places:** This can be good or bad. The player who lands on this space swaps with the opponent. Trading places with an opponent who is ahead in the game is good. Trading places with an opponent who is behind is no fun.
- Finally the last pitfall is towards the end of the game. To finish the game, the player must get the exact number on the dice to END. If the player has more, the player has to count forward and backwards. For example if a player is at space 26, the player needs to roll and get 3 to finish. If the player has 6 for example, the player counts forward to END and then 3 backwards to space 26 once again.



**Making Maths Fun:** In this series, we will be sharing fun facts, puzzles and games that will help you in practising Maths! **HERE ARE A FEW GAMES TO GET YOU STARTED.**  
**A Fun Maths Fact:** Dice can be used in different ways. Whether you're practising multiplication or fractions, try creating your own Math problems with roll of the dice.

## CHECK YOUR APTITUDE

1) A train can travel 50% faster than a car. Both start from point A at the same time and reach point B 75 km away from A at the

same time. On the way, however, the train lost about 12.5 minutes while stopping at the stations. The speed of the car is:

- A. 100 kmph  
B. 110 kmph  
C. 120 kmph  
D. 130 kmph

2) A man completes a journey in 10 hours. He travels first half of the journey at

the rate of 21 km/hr and second half at the rate of 24 km/hr. Find the total journey in km.

- A. 220 km  
B. 224 km  
C. 230 km  
D. 234 km

3) Two numbers are respectively 20% and 50% more than a third number. The ratio of the two numbers is:

- A. 2 : 5 B. 3 : 5 C. 4 : 5 D. 6 : 7

## ANSWERS:

1. 120 kmph 2. 224 km, 3. 4:5