



THE TIMES OF INDIA

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Check out our Mother's Day Special



From a Mahabharat super quiz to DIY Activities that 'Mom and You' can engage in... there is a lot planned for Mother's Day! Read more on **PAGE 2**

For mummies, stock up on that energy... and do make 'Me Time' a fixture in your routine. Learn how on **PAGE 2**

STUDENT EDITION

FRIDAY, MAY 8, 2020



WEB EDITION

TO MOM... WITH LOVE



Kajol, the mom pays tribute to her mother

ON WHY HER MOTHER TANUJA IS THE BEST: My mother is the most forward thinking parent that I have known. I hope I am half as broad minded and cool as her. The life lessons that she taught us just by the way she behaved with us, the way she brought us up, I hope am able to convey the same to my kids too. Parents these days are hyper aware of their children, maybe that has to do with the advent of technology. The flip side is we are becoming more aware but less tolerant and more aggressive.

ON HOW SHE IS AS A MOM: I have told my kids that they have the freedom to choose what they would like to pursue. Of course, we will be right there when they need to discuss but only as sounding boards. My only advice to Yug and Nysa – be at peace with your choices. Whatever you choose, be happy and proud of it.

As told to DEEBASHREE MOHANTY

DID YOU KNOW

Mother's Day is celebrated every year on the second Sunday of May. This year it will be on May 10. One of the earliest Mother's Day celebrations was in Ancient Greece. The Greeks celebrated it in honour of Rhea, the goddess of fertility and motherhood. The first Mother's Day was celebrated in 1908. Anna Jarvis, a school teacher, honoured her mother Ann Jarvis with a memorial.

VIEWPOINT

EINO MORGAN BACKS T10 FORMAT TO BE PART OF OLYMPICS



England's limited-overs skipper Eoin Morgan has backed the T10 format to be a part of Olympics. Morgan believes that the format will allow many matches to be played in a short span of time.

T10 League is a 10-over format cricket league in the UAE, launched and owned by T Ten Sports Management. Matches are 10-over-a-side and the duration of each match is 90 minutes

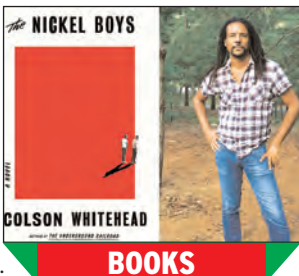
DO YOU KNOW? Cricket has not featured at the Olympics, since 1900 – when Great Britain beat France in a one-off gold medal match in Paris. The sport was once included during the Commonwealth Games in 1998

SHOULD T10 BE A PART OF THE OLYMPICS?

Share your views at timesnie175@gmail.com You can also post your comments at toistudent.com

COLSON WHITEHEAD WINS PULITZER FOR 'THE NICKEL BOYS'

Colson Whitehead's 'The Nickel Boys' that talks about racism and inequality at a Florida reform school in the 1960s, has won the 2020 Pulitzer Prize for Fiction. He also won the 2017 prize in the same category for 'The Underground Railroad'.



BOOKS

Whitehead, 50, is known for his experimental narratives and immersion in American history and folklore. His previous works include, 'John Henry Days' and 'The Intuitionist'

NEWS IN BRIEF

CLICK HERE FOR MORE

NUMBER-O-LOGY

504 MILLION is the number of active Internet users in India, according to a new report from the Internet and Mobile Association of India (IAMAI)

14% belong to age group 5-11 years

70% of the active Internet population in India are daily users

1/3rd users access the Internet for more than one hour during Sundays/holidays versus a normal working day

PERSEVERANCE WILL LOOK @ MARS THROUGH THESE 'EYES'

The rover will be launched between July 17 to Aug 5, 2020, from Cape Canaveral Air Force Station, Florida. Its landing date is scheduled for Feb 18, 2021. It will explore Jezero Crater on Mars for a duration of roughly 687 Earth days, which is almost 22 months. The rover will mainly examine oxygen production from the Red planet.



STYRENE: THE GAS THAT LEAKED FROM VIZAG PLANT

X-PLAINED

WHAT: At least 10 persons have died and over 5,000 people fell sick after an alleged gas leak from the LG Polymers factory in Vizag on Thursday early morning. It is believed that they inhaled Styrene gas.

HOW: According to experts, Styrene gas affects the central nervous system, throat, skin, eyes and some other parts of the body. It is highly flammable and releases a poisonous gas when burnt.



Styrene is used to make insulation, pipes, automobile parts, printing cartridges and copy machine toner, food containers, packaging material, carpet backing, luggage, shoes, toys, floor waxes and polishes

CHRIS HEMSWORTH'S 'EXTRACTION' TO GET A SEQUEL

Avengers: Endgame' co-director Joe Russo has confirmed that he will be working on a sequel to the recent digital film 'Extraction'. Actor Chris Hemsworth and director Sam Hargrave are set to return in the new action adventure. Originally titled 'Dhaka', the film also stars Indian actors like Randeep Hooda and Pankaj Tripathi.



The film revolves around Tyler Rake, a fearless, black market mercenary, who embarks on the most deadly extraction of his career, when he is enlisted to rescue the kidnapped son of an imprisoned international crime lord

ENTERTAINMENT

TAIKA WAITITI TO DIRECT NEW 'STAR WARS' FILM

New Zealand-based filmmaker Taika Waititi whose credits of movies include 'Thor: Ragnarok' and 'Jojo Rabbit', is set to direct and co-write a new 'Star Wars' movie for theatrical release.

Meanwhile, the '1917' screenwriter, Krysty Wilson-Cairns will be joining the filmmaker for the script making. However, no release date has been set for the upcoming untitled project.



BONDING WITH FAMILY

CELEB TALK

'Play, relax and have fun time with your family'



In this fast-paced world, parents and children have not been spending enough time together. The lockdown period is an opportunity to understand each other better, asserts Badminton World Champion P V SINDHU.

The ace shuttler has some tips for parents and children on how to make the best use of lockdown...

- Students and parents should maintain a daily routine – include some physical exercise together. It is also important to wake up on time
- Since most schools are running online classes, it is important for the parents to get involved in the learning of the child and understand him/her better
- At the end of the day, families should get together and play an indoor game for relaxation and fun. Having dinner together and catching up on all the news of the day will perfectly wrap up the day!

HEALTH & FITNESS

Stay HEALTHY during LOCKDOWN

To lead a healthy life in lockdown, UNICEF has issued certain guidelines related to consumption of food, buying food items and cooking food. Follow these tips to keep doctors at bay...



HOW TO DISINFECT PACKAGED FOOD

Remove any unnecessary packaging and dispose into a waste bin with a lid. Next, remove food from take-out containers, place on a clean plate and dispose off the container. Packaging like cans can be wiped clean with a disinfectant before being opened or stored. It is important to wash unpackaged produce, such as fruit and vegetables, thoroughly under running water. Wash your hands with soap and water, or use an alcohol-based hand rub, immediately afterwards.

GENERAL FOOD SAFETY RULES

- Wash your hands thoroughly with soap and water for at least 20 seconds before preparing any food
- Use separate chopping boards to prepare uncooked meat and fish
- Cook food to the recommended temperature
- Pay attention to product's expiry dates
- Aim to recycle or dispose off food waste and packaging in an appropriate and sanitary manner, avoiding build-up of waste, which could attract pests like rodents and cockroach
- Wash your hands with soap and water for at least 20 seconds before eating
- Always use clean utensils and plates

DHARAVI'S GULLY BOYS TO SPREAD MESSAGE ON CORONA



Normally, the world of Tony 'Psyko' Sebastian of Dopeadelic is either a beat with a metaphor or a beat boxing hustle in a hoodie.

But with his hood Dharavi under siege from the dreaded coronavirus, he and a trilingual crew including 'Bonz N Ribz' from 7 Bantaiz and MC Altaf – all hip hoppers from one of Asia's largest urban ghettos – have decided to team up with Bill and Melinda Gates Foundation and BMC to record a progressive rap to bring people together with a right message whilst staying socially distanced.

DHARAVI FACTS

All of us know Dharavi is Asia's largest slum but did you know desi hip-hop was born here? In fact, it has a large number of thriving small-scale industries that produce embroidered garments, export quality leather goods, pottery and plastic. Unlike popular belief, the locals here have a good literacy rate. In fact, a bunch of teenage girls were in news for developing android apps on their own

"umeed hai sab theek hoga wapas/ umeed hai tum ho slamat/bharosa rakho doctors k kaam pe/bharosa rakho uper wala saath hai..." through this rap, the three artistes have urged their neighbours and fellow Dharavi residents to stay at home, avoid public spitting, consult doctors and take necessary precautions

Thank you MOM for being there!

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Apologise for being rude

From staying awake at nights and making sure your birthday cake is special to soothing your fears before exam time, your mother has been around for you and continues to be your pillar of strength. Is any amount of love and gratitude enough? Guess not. However, you can make a world of difference to her by acknowledging her love and efforts and appreciating her. Here is how you can be at your best behaviour on Mother's Day, and even after it's over.

Write her a nice 'thank you' note

Make it personal and sentimental by writing about some special day when her presence helped you in a great way. You could add your inside jokes shared at home with a smiley. Stick this note at her bedside so that it is the first thing she sees when she wakes up. It will make her day.



Help her in daily chores

Lockdown is not easy on anyone and more so on mothers who end up multitasking on various fronts. Yes, you have your online classes and school projects, but when you are free, offer to do the dishes, water the plants or mop the floor – whatever you can. Peel peas, chop veggies, set-up dinner table and offer to make her some lemonade on weekends. These little gestures of good manners and thoughtfulness will cement your bond with your mother and also make you a more empathetic person.



MAXIMISE MOMMY ENERGY

HEALTH

Borrow four simple life hacks from your child's daily roster to get an energy lift!

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Don't be a picky eater: Playing champ round the clock is tiring but there are more reasons for mothers feeling worn out way too often. They are probably missing out on really important nutrients like Vitamin B12 and Vitamin D. Mothers need to think of food as fuel and eat foods that are alive – green vegetables, seasonal fruits, milk.



SAY NO TO JUNK: Lay off unhealthy, high-glycemic foods (think: cookies, cakes and ice cream). You will realise they always end up making you



feel more spent a couple of hours later. Mothers need to get out more often. Short mindful breaks spent amongst nature can be really therapeutic for overworked nerves. Eliminate all unnecessary thoughts and just listen yourself breathe for 60 seconds.

KEEP A PENCIL BOX: So many ideas, so little time. Maintain a journal. Every time you remember a chore or a must-do, make a note of it.

FIX A PLAY DATE: Motherhood doesn't mean hibernation. Perhaps you need play dates as much as your 11 one. The power of connection boosts mommy energy. Make some connect...

The Ultimate Mahabharata Word Search

How many words from Devdutt's 'The Boys Who Fought' can you find in this Word Search?

A	X	A	A	R	I	T	H	S	I	H	D	U	Y	H
G	L	P	A	T	U	B	I	J	K	I	X	S	D	K
Z	C	U	G	R	B	B	D	R	T	J	G	A	R	W
U	B	A	K	H	T	M	D	N	G	A	Y	I	M	W
B	A	W	I	A	K	E	U	A	M	H	S	I	H	B
M	J	M	D	A	N	K	H	A	B	H	R	T	F	U
C	A	M	N	U	F	W	H	S	N	Y	X	C	T	Q
E	V	R	V	Z	R	T	V	A	K	W	I	J	R	S
Q	A	C	K	W	T	Y	D	R	A	U	P	A	D	I
K	N	K	Q	A	R	G	O	A	L	Q	R	S	N	F
G	J	U	W	G	C	S	H	D	C	M	Q	U	R	D
S	A	H	A	D	E	V	A	Y	H	N	G	J	K	R
V	S	A	H	U	Y	V	A	R	K	A	H	C	D	O
A	Q	R	J	G	N	M	A	R	J	U	N	A	N	N
E	Y	S	U	U	L	X	C	L	U	R	N	A	H	A

KRISHNA
BHIMA
DURYODHANA
YUDHISHTHIRA
ARJUNA

DRAUPADI
KARNA
NAKULA
SAHADEVA
BHISHMA

KURUKSHETRA
ASHWATTHAMA
DRONA
KUNTI
CHAKRAYUHA

ACTIVITY

Tell your mom how amazing she is by reciting this poem to her.

Bonus: Make her breakfast, and then recite this poem!

When it came to listening
my mother taught me
if you are drowning their voice with yours
how will you hear them she asked

When it came to speaking
she said do it with commitment
every word you say
is your own responsibility

When it came to being
she said be tender and rough at once
for you need to be vulnerable to live
fully but rough to survive it all

When it came to choosing
she asked me to be thankful
for the choices I had that
she never had the privilege of making



GIFT FOR MOM

Pamper your mom with 'home spa' experience



Switch on your mother's favourite TV programme and give her a relaxing foot massage. Scrub her feet with 2 tablespoon gram flour mixed with water and wash off. Follow up with foot massage - if you have essential oils at your place (like lavender/sage/chamomile) - mix 2 drops of it in 1 tablespoon coconut oil, and massage feet for 10 minutes. If you don't have essential oils, use coconut oil or olive oil. Once done, wipe off excess oil with tissue. Serve her some green tea while you are at it...

Dual purpose roomtidier

This room tidier is an ideal gift for MOTHER'S DAY. It can be used as a store box to keep snacks - chips' packets, namkeen, or mom can keep her cosmetics like hair dryer, perfumes, etc. The lid can be used as a table top to keep keys of the card, her shades, her photo frame, money plant, and so on. Every thing is made out of waste material lying in the house.

THINGS REQUIRED:

- ▶ A cardboard box
- ▶ An old t-shirt
- ▶ Needle and thread
- ▶ Laces or ribbon
- ▶ Adhesive
- ▶ Cello-tape
- ▶ A beautiful tray

METHOD:

- ★ Take the cardboard box, cut off the 4 flaps from the top of the box.
- ★ Take the t-shirt preferably with a round collar put the sleeves inside it, do not cut them.
- ★ Slide the box inside the t-shirt.



★ Sew the sleeves edges so that they are firm.
★ Decorate the box with pretty ribbons or laces around it.

Now, place the tray on it. Your roomtidier is ready!

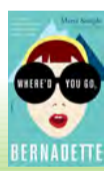
ARHAAN MATHUR, CLASS V,
Shiv Nadar School,
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The mom and you book club

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FOR MOMS WHO LIKE WILD GOOSE CHASES

Where'd you go Bernadette? by Maria Semple
Bernadette Fox is a talented, reclusive architect and loving mother who goes missing. Her teen daughter embarks on a mission to find her, and along the way builds a funny and touching portrait of her mom.



FOR MOMS WHO LIKE CHOCOLATE

Chocolat by Joanne Harris
The story of Vianne Rocher, a young mom and chocolatier, who sets a small French village aflutter with her arrival along with her 6-year-old daughter. Then Rocher opens a chocolaterie, and introduces a little magic...



FOR MOMS WHO GET DON'T GET SOCIAL MEDIA

My Not So Perfect Life by Sophie Kinsella
Sophie Kinsella's heroine Katie will help your mum understand the pressures of living in a social-media-obsessed world; and open your eyes about the reality of the so-called 'perfect life' as seen in social media.



FOR MOMS WHO LIKE CLASSICS

Little Women by Louisa May Alcott
The story is about girlhood, love and ambition of the March sisters - but it's also about, Marmee, the head of the family, and how she inspires them to live their lives meaningfully and happily.



FOR MOMS WHO LIKE SUSPENSE THRILLERS

Room by Emma Donoghue
A thriller narrated by 5-year-old boy who is being held captive along with his mother in a room. A powerful story of a mother and son whose love lets them survive...



It is often said that Home is the first school for a child. I am having online classes but this time with two mentors - my tutor on the webcam and my mom always next to my study table.
VATSALA SHARMA, class VI, Rajmata K K Girls Public School, Jodhpur

This lockdown proved to be more interesting as my mother became my reading partner. We read many books and discuss their summary with each other. Reading with my mother makes it more interesting as she keeps asking me synonyms.
BHAVYE PREMI, class VI A, St Xavier's School, Nevta, Jaipur

My mother means the world to me and it goes without saying that she would leave no stone unturned in prepping me for my life ahead in the real world. Lately my mom has been giving me cooking lessons. We cook lunch together. And my rotis have become better!
SAANCHI DESAI, class X, Gopal Sharma International School, Mumbai

I love solving puzzles with my mom. Logical puzzles always catch her attention and she makes sure I'm involved in them too! Cracking them with my mom is such fun. The whole process feels fulfilling to me.
SHARMILA PENTAPALLI, class XII, Silver Oaks, Hyderabad

Idleness can compel you to do things just like I was obligated to make cookies with my mom. We spent two hours making chocolate and vanilla cookies, and it paid off.
GAURAANG AGARWAL, class X, St George's College Barlowganj, Mussoorie



For me, dance means happiness, and as my mom watched me shake my leg to different beats each day, she too, was eager to learn dance. The lockdown proved to be an ideal time to teach dancing to my mom. Now I can say that she is a brilliant student.
BHAVYA GULATI, class XII, Bhavan Vidyalaya, Panchkula



For more activities go to www.toistudent.com