CLICK HERE: WWW. TOISTUDENT.COM

THIS DAY, THAT YEAR: MAY 6, 2002: Entrepreneur Elon Musk sets up SpaceX to make space transportation more affordable and to work on projects that will help people live on other planets

IN CONVERSATION WITH TIMES NIE, Nami Zarringhalam, co-founder and chairman, Truecaller, Stockholm, draws a guideline for call security for teenagers https:// toistudent.timesofindia.indiatimes.com/news/top-news/bullied-get-tech-smart--blow-the-whistle/51267.html

1 HUBBLE YIELDS 1.4 MN OBSERVATIONS IN 3 DECADES

https://toistudent.timesofindia.indiatime s.com/news/sci-tech/hubble-yields-1-4mn-observations-in-3-decades/51176.html

FITNESS

big winners at the Kids'

Choice Awards 2020, which

was produced virtually, after

it was delayed due to the coro-

navirus pandemic. The show

also made a \$1 million dona-

tion to 'No Kid Hungry' to help

COVID-19 victims

CYCLIST SCALES PEAK ON

ritish cycling star Mark Cavendish and

former teammate Luke Rowe endured

over 10 hours in the saddle of an ex-

KIDS' CHOICE AWARDS: 'AVENGERS:

ENDGAME', 'STRANGER THINGS' WIN BIG

ercise bike to climb 8,848 metres — the

equivalent of scaling Mt Everest. "Just

Everested with @LukeRowe1990," the 34-year-old sprinter announced in

a post on Twitter. The pair accomplished the latest feat by a sports star in coronavirus lock-

down in 10 hours 37 minutes and 32 seconds. "I take my hat off to anyone

who's completed it in whatever ca-

arvel Studios' 'Aven-

gers: Endgame' and

✓ ▲ Millie Bobby Brown's

'Stranger Things' emerged as the

'Avengers: Endgame' won

favourite movie, with

'Spider-Man' star Tom

Holland becoming the

The award for favourite

favourite superhero.

reality show went to

'America's Got Talent',

while Ellen DeGeneres

became favourite TV host

pacity, it was grim," he said.

EXERCISE BIKE

STUDENT EDITION

WEDNESDAY, MAY 6, 2020



WEB EDITION

WORDWATCH

SPLOG

A spam blog or splog is a blog designed for the purposes of link spamming. Splogs sell links to other websites

FITNESS APPS TO HELP YOU STAY **IN SHAPE**

Here are a few fitness apps that could help you stay in shape and ease anxiety during the times of lockdown



NIKE TRAINING CLUB: The app contains recordings of more than 185 free workouts, including cardio yoga and others. These sessions last between 15 to 45 minutes

RUMBLE: The boxing-inspired fitness channel airs classes on Instagram every evening, and posts new classes at Rumble's Instagram account @doyourrumble at 5.30 pm

 BARRE 3: The digital ballet stuodio is offering unlimited access to strength condition classes inspired by the dance form. It also includes cardio and sessions on mindfulness

JOIN CANON ONLINE PHOTOGRAPHY

The programme, which began on

May 1, will be conducted through the entire month, until May 30 to provide online photography lessons, seminars and workshops in different regional Indian languages. To register for any of the workshops, users can log on to

Canon India's official website. **ACT ONLINE**

Multi-arts festival has taken the digital route, bringing together theatre doyens from across the country for masterclasses, interactions, live music recitals, storytelling and acting competitions. All this will happen online on their YouTube channel.

Heat and light

1.9 MILLION

That's the number of microplastics **FACTOID** found in one square metre of seafloor, according to a new study. Microplastics on the seafloor mainly comprise fibres from textiles and clothing. These are not effectively filtered out in domestic waste water treatment plants, and easily enter rivers and oceans

DALRYMPLE'S NEXT BEING PENNED THROUGH LOCKDOWN

istorian William Dalrymple's next book speaks of the influence India had on the East and on the West. Divided into different phases, the first phase looks at how Buddhism travelled from India to become the state religion of China. The second talks about how Hinduism took over SE Asia with epics like Mahabharata and Ramayana, being major influences. The third period focuses on India travelling to the West with its

BOOKS

BURJ KHALIFA'S UNIQUE GESTURE

idea

e 828- metres- high Burj Khalifa

in Dubai will be transformed into

the "world's tallest donation box",

as part of a campaign to provide 10 mil-

lion meals to low-income people. The ap-

peal comes during the fasting month of

Ramadan—a time of self-reflection, and

charity for the faithful. The skyscraper

regularly features displays of solidarity

with crisis-stricken countries - for Oz

when bushfires ravaged it and for China

and Italy when they were hit by corona.

For each 10-dirham (\$2.7) donation,

one of the building's 1.2 million LED

lights will be illuminated — each

representing a meal

maths.

SHEETS RESPONSIBLE FOR RISE IN SEA LEVEL NASA-funded study has revealed that ice sheets in

ANTARCTICA & GREENLAND'S MELTING ICE

Antarctica and Greenland shrinking and melting, since 2003 have contributed towards a global sea level rise. According to researchers, the net loss of ice from Antarctica, along with Greenland's shrinking ice sheet, has been responsible for 0.55 inches of sea level rise since 2003.

Greenland's ice sheet lost an average of 200 gigatons of ice per year, and Antarctica's ice sheet lost an average of 118 gigatons of ice per year. One gigaton of ice is enough to fill 400,000 Olympic-sized swimming pools

ENVIRONMENT



donated \$1.25 million to help victims of domestic abuse and homelessness during the coronavirus pandemic, after recovering from the virus herself. The British writer said the money would be split between the charities— Crisis and Refuge, which help the homeless and victims of do-

JK ROWLING DONATES \$1.25 MN TO HELP HOMELESS DURING THE PANDEMIC

arry Potter author JK Rowling has mestic violence respectively.

FOR A CAUSE

In April, pop singer Rihanna's Clara Lionel Foundation joined forces with Jay-Z's Shawn Carter Foundation and Twitter CEO Jack Dorsey to donate \$6.2 million to 11 organisations, including some helping victims of domestic abuse and the homeless



nion HRD Minister,

JEE MAIN 2020 FROM JULY 18 TO 23,

NEET ON JULY 26: HRD MINISTER

VIEWPOINT



WE NEED TO TAKE STEPS FOR POPULATION CONTROL: PRESIDENT

resident Ram Nath Kovind has stressed on the need to take steps for population control in the country. "Large and densely-populated countries such as India have to take deliberate steps, especially on the subject of population control. Otherwise, disasters like Covid-19 can have severe consequences in our country,' said President Kovind.

According to UNICEF, out of the estimated 392,078 babies born around the world, 67,385 were born in India on January 1, 2020- a world record

Should there be a population control law in India?

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



Azerbaijan's Ilham Aliyev is the chairman of which organisation?

CLUE 1: With 120 member states, 17 observer states, it is the largest grouping of states worldwide, after the UN. CLUE 2: 18 summits have been held till date. New Delhi hosted the 7th in 1983. **CLUE 3:** It was established in 1961 through an initiative of then Indian PM Jawaharlal Nehru, Egyptian President Abdel Nasser and Yugoslavian President Josip Tito.

ANSWER: Non-Aligned Movement (NAM). Humanity is facing its most

serious crisis in many decades and the organisation can help promote global solidarity as it has often been the world's moral voice, said PM Narendra Modi at the virtual conference of NAM on Monday.



n a rare video appearance, actor Emma Stone has raised mental health awareness, while practising social distancing during the coronavirus pandemic. May is Mental Health Awareness Month and the Oscar winner announced the Child Mind Institute's #WeThriveInside campaign, a digital initiative that will help those struggling right now and beyond with tele-health and online resources. **CELEB TALK** The Child Mind Institute will

release self-recorded videos daily, featuring notable names and sharing stories of how they stay mentally-fit, while encouraging families and kids to check out its COVID 19related resources

Why COVID-19 wallop some & spare others

Time may still prove the greatest equaliser

The Spanish flu that broke out in the United States in gotten to those 1918 seemed to die down

third of the world's population. Hence, one theory that is unproven but impossible to refute: Maybe the COVID-19

virus just hasn't countries yet.

X-PLAINED

to come roaring back with a deadlier strain later that year and a third wave, the following year. It eventually reached farflung places like islands in Alaska and the South Pacific and infected a

during the summer only The power of youth

Many countries that have escaped mass epidemics have relatively younger pop-

The question of why the virus has overwhelmed some places and left others relatively untouched is a puzzle that has spawned numerous theories and speculations but no definitive answers. We unravel few scenarios...

likely to contract mild or asymptomatic cases that are less transmissible to others, believes Robert The geography of the out-Bollinger, a professor of infectious diseases at the Johns Hopkins School of Medicine. **Cultural**

distance

Young people are more protection, epidemiologists

Cultural factors, like the social distancing that is built into certain socitries more wishful thinking.

ly during the winter in temperate-zone countries like Italy and US and was virtually unseen in warmer countries such as Chad or Guyana seemed to suggest that the virus did not take well to heat. Other coronaviruses, such as ones that cause the common cold, are less contagious in warmer, moist climates. But researchers say eties, may give the idea that hot weather some coun- alone can repel the virus is

break - which spread rapid-

ACTIVITY

AUTHOR SPEAK

EVERYDAY COURAGE

Raageshwari Loomba, author of the book -'Building a Happy Family' - shares how to be mindful during the lockdown.

ENERGY: Energy goes where focus goes. So don't focus on the news, tragedies and statistics. Instead focus on recoveries, health, relationships and creative ideas. Inspire your parents too. Keep abreast of the news but also make sure to switch off. We have a limited amount of mental energy in a day, and it plummets post noon. So conserve your energy for things that truly matter and motivate you. Then watch your courage return.

TRAIN BRAIN



VISION: Each day is your life in miniature. I want you to live it like a champion, as though all your dreams have come true. Make a vision board if you don't have one. It could have pictures or a list of your goals. The brain takes all your thoughts and wishes seriously. In an experiment by Nasa, astronauts were made to wear lenses that inverted everything. Surprisingly, after 30 days of wearing the lenses, the astronauts could see things the right side up. The brain had built new neural pathways to adapt. So, while being at home, don't just scroll through social media. It does not ignite the fire within. Create a vision board and dream big instead.

WORDS: Words have energy. Use the right words and supercharge yourself! During this pandemic, you might feel powerless without routines and rituals. If you feel angry or sad, remember this is your brain's attempt to feel powerful. Sip some water and zip up angry words. Instead, exercise. Remind yourself that anger affects your brain negatively and impacts judgment and decision-making skills. The more you connect with anger, the less you connect with courage.

> Man is born with some good and bad qualities. Habits once formed can hardly be changed. They become a part of our nature. So, man's character is an aggregate of inborn nature developed through habit. Good habits produce good nature and effects. SHUBHAM HAM KUMAR, Vivekananda School,

You Said It According to Black magic they could normal people. Then all the gods appeared as supreme personalities on earth to kill the demons and protect people.

there are demons who are very cruel. Through kill the devotees and also

BENWISH RAJA, VI(C), DPS, Mirzapur

LOCKDOWN DIY

GROW YOUR OWN GINGER

o you have some unused ginger lying around in your fridge? Break a small portion and put it in the soil of a pot. Water regularly and keep the pot on a windowsill for it to get enough sunlight. Just make sure the buds are facing up. You will notice new shoots and new roots in about a week or so. Once that happens, you can pull it up and use it again.



GROOMING GYAN

HAIR SPA with hibiscus

ant to nourish your hair but running out of your regular conditioner? Don't panic. Look into your garden or locality and if you spot hibiscus flowers, you are covered. This flower is great for your hair health as it is full of antioxidants and natural conditioners like vitamins C and E. Here's how to make a hair conditioning pack with hibiscus:

METHOD: Take two hibiscus flowers and blend with some water and 2-3 cinnamon sticks. Apply this pack to your hair and leave for 30-45 minutes. Wash it off and do your regular shampooconditioner routine. You hair will be soft, nourished and bouncy, minus any chemical residue usually found in storebought haircare products. **By Pallavi Shankar**

YOUR GRAMMAR GURU



- > prerogative: pre-rog-a-tive, not per-rog-a-tive
- > peremptory: per-emp-tuh-ree, not pre-emp-tuh-ree
- > probably: prob-a-blee, not pra-lee or prob-lee
- > Realtor: reel-ter, not ree-la-ter > supposedly: su-pos-ed-lee, not su-pos-ab-lee
- > spurious: spyoor-ee-us, not spur-ee-us
- **tenet:** ten-it, not ten-unt ➤ ticklish: tik-lish, not tik-i-lish
- > triathlon: try-ath-lon, not try-ath-a-lon
- > athlete: ath-leet, not ath-a-leet
- > candidate: kan-di-dayt, not kan-i-dayt > chimera: kiy-MEER-a, not CHIM-er-a
- ➤ disastrous: di-zas-tres, not di-zas-ter-es ➤ debut: dey-byoo, not di-boo
- > Et cetera: et-set-er-uh, not ex-set-er-uh ➤ Quote: kwo-te, not coat
- > flour: flou-er, not fl-ahr





> When things go wrong as they sometimes will. When the road you're trudging seems all uphill. When funds are low and debts are high. And you want to smile, but you have to sigh. Rest, if you must, but don't you quit. Life is queer with its twists and turns. As everyone of us sometimes learn. And many a failure turns about. And you want to smile, but

> MAITREYI SINGH, class VII, Our Lady of **Fatima Convent Secondary School**

Access to the Internet has exposed many of you to bullying that affects your selfimage and possibly your mental health. That is not a good thing.



Nothing is private!

Once posted, it is there forever. It might appear that you can delete a post/tweet/account, but its not so simple. An image or post can be shared with anyone, anywhere. Privacy on social media is kind of a misnomer.

Words can hurt

We all know that bullying is a big deal and social media may lead to it. But even aside from bullying on social media, there is a more subtle lesson and that is: words can hurt. So, learn to post with kindness. This is an important life lesson. I mean. don't we all wish adults would learn this lesson, too?

No Such Thina as DELETE

Your profiles, your pictures, your words-all of these may stay floating around the internet for eternity. Most apps and social media platforms will let you deactivate your account, but few of them will let you delete them. So be very careful of what you are posting thoughts, pictures!

Boundaries Are Important

This is crucial know that there are under some age-restricted social mediums that you must not enter if your are not qualified. Also remember that bullying online could land you in serious trouble. Keep away from bad company because they could drag you into problems. Last, but not the least; never hurt anyone and stop encouraging people who do that.

DISCUSSION BOARD: Let Us Take A Pledge To Use Online Responsibly. Can You List Out A Few More Pointers To Help You Deal With Online responsibility.

Friends Only

A healthy amount of scepticism is great when it comes to friend requests, chats, and the like. For grown professionals, social media networking can be an invaluable career tool. For us, talking to/befriending people on social media that we don't know personally can be dangerous. Always keep a check of your friend list and weed out those friends whom you have not contacted in a while. Because you don't know if they are still using their numbers. You have to be the Big Bad Social Media Police. Sorry for the cliche, but these are teachable moments, if you remain calm. Explain to yourself the red flags you see. Learn how to be discerning.

PIC OF THE DAY

Dehradun



Darshali Agarwal Class: II Age: 7-years old School: Witty International School, Bhilwara

Learn to paint

Always wanted to learn painting but never had the time? Make use of extra time at home to do an online paining course.

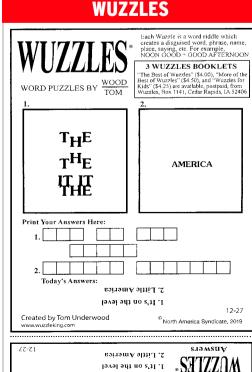
Where can you get it? Check **udemy.com** where you can enroll in 'Discover How to Draw and paint Comics' for ₹385. What you get here is 60 hours

of video lessons. In this course, you will learn to draw the human figure, muscles, heads, emotions, cartoons, 3D shapes, form, lighting, and more.

have to sigh.

Basics needed for the course: A pencil and paper will do just fine for most of the lessons but you will need Photoshop cs5 for one of the chapters on painting.





Quiz time

NEHRU

Aishwarya C, class VIII, NPS Kengeri, Blr

Q.1) In India, 14th November, the date of birth of former prime minister Jawaharlal Nehru, is celebrated as 'Children's Day'. On which date is 'Children's Day' celebrated internationally?

- A. 20th November
- B. 1st January
- C. 20th October
- **D.** 14th February
- Q.2) Shyam Benegal, the popular Indian filmmaker made a great TV serial



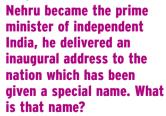


named 'Bharat Ek Khoj' in 1988. The serial was based on a memorable book written by Pandit Jawaharlal Nehru. What was the name of that book?

C. Glimpses of World History D. The Discovery of India Q.3) When Jawaharlal

A. An Autobiography

B. The Truth Unveiled



MORE ACTIVITIES

- A. A Tryst with Fate
- B. A Tryst with India
- C. A Tryst with the Nation
- D. A Tryst with Destiny

ANSWERS

1. A) 20th November 2. D) The Discovery of India 3. D) A Tryst with Destiny

FAMILY CIRCUS



"Dolly's kissin' Kittycat on the mouth! Is that good or bad for Kittycat?"