CLICK HERE: WWW.TOISTUDENT.COM

LISTEN TO HARRY POTTER: Celebs, including Daniel Radcliffe, David Beckham and Dakota Fanning will take part in chapter-bychapter readings of JK Rowling's book, 'Harry Potter and the Sorcerer's Stone' on Spotify

HOW TO USE ONLINE RESPONSIBLY: TAKE A ✓ PLEDGE

https://toistudent.timesofindia.indiatimes.com/news /top-news/how-to-use-online-responsibly-take-apledge/51465.html

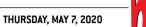
10 FITNESS LINGOS YOU SHOULD

https://toistudent.timesofindia.indiatimes.c om/news/lifestyle/10-fitness-lingo-youshould-know/51489.html

BECOME AN AUTHOR: Choose an animal, a song, a food, a

country, a book, a piece of clothing and a

STUDENT EDITION



WEB EDITION

BEST ANXIETY

RELIEF APPS



Positive Penguins HD (Android, iPhone, iPad)

Called Positive Penguins, this app developed by a Melbourne schoolgirl and her family, is a simple, interactive, educational tool that helps in understanding your emotions and experience them in a positive way. It also provides practical ways to understand and cope with these emotions and, change the way they think.

Breathe, Think, Do with

(Android, iPhone, iPad)

Breathe, Think, and Do with Sesame app helps in dealing with frustrating situations using the "breathe, think, do" method. You will learn to take long, deep belly breaths to calm down, think of a few strategies to handle the problem, and then do those things.

Headspace: Guided Meditation

(Android, iPhone, iPad) This app uses common meditation techniques such as body scans, becoming aware of environmental sounds, breath awareness, breath counting, and more to establish a serene, aware space for the mind to rest.

Stop, Breathe & Think: Meditation and **Mindfulness** (iPhone, iPad)

Stop, Breathe & Think is a free mindfulness and meditation app that encourages you to develop positive habits.

DreamyKid Meditation App Just For Kids

(Android, iPhone, iPad)

This app is an easy-to-use meditation tool that include kid-friendly guided visualisations, affirmations, and meditations. Kids can listen to selections for promoting relaxation, falling asleep more easily, among others.

GET YOUR MIND

With lockdown still in full swing, how about giving your mind a workout too? While crosswords and puzzles have their place, there are many more that can keep your mind fresh and agile. Here are the best brain and memory boosting tips...

PLAY ANTIQUES ROADSHOW: Choose an everyday object

anything from a spoon to a hairband — and pass it around your family. Each person must come up with a story about the object. For example: What period of history is it from? Did it belong to anyone special? According to psychologists, a playful mental attitude enables flexible and creative thinking, so making fun games a part of your routine will keep your brain active.

MAKE A SHOPPING LIST: As you write, picture each item in your mind. Then put the list somewhere safe. Give yourself an hour, and see how many you can recall. Experts say the act of writing along with picturing the items, triggers your brain to remember them.

> MAKE YOUR OWN SONG: Sing along to your favourite song, but create your own lyrics. Don't actively engage the brain, instead let your creativity take over and see what happens. Research suggests that when we go with the flow and don't think too hard, we open the mind to new possibilities and generate



SET THE SCENE: Look out of your window. What do you see? Get a pen and paper, and describe the scene in a paragraph. Then give yourself a break. Next, go outside and take in the scene again. Use your senses this time, then go inside and write another paragraph. Compare the two descriptions—the second is more engaging because using all five senses makes it a 3D experience.

flower, then turn them into a short story. Read the story a couple of times and put it to one side. Later in the day, recall the story and see what you can remember. **GET LOGICAL:** Write 10 random **TELL A STORY:** Use social apps numbers on paper. For one minute, read the list aloud-

to create a virtual storytelling group with friends and family. One person starts the story, then passes it on with everyone adding a few sentences to keep it going. Research in psychology suggests a strong link between spontaneous and controlled thinking and creativity. So any activity that combines thinking on your feet with logic, like continuing a narrative, gives the brain a workout.

PLAY GUESS WHO USING FACETIME Pick a famous person, then write down four words associated with them. Take it in turns to reveal the words to each other and guess who the person might be.

again and again. Turn the

paper over and relax for a

minute. Then recount the

numbers in sequence and

write them on the back of

the paper. Compare both lists

and see how well you've

done. There's scientific evi-

dence that repetition helps

the brain solidify connec-

tions used to recall memo-

ries and information. This

also works for names and

learning new skills.

NEW WHATSAPP CHATBOT TO SPOT COVID-19 RELATED MISINFORMATION

he International Fact-Checking Network (IFCN) has launched a WhatsApp bot, with more than 4,000 debunked hoaxes, to fight COVID-19 misinformation. The Poynter Institute's International Fact-Checking Network has launched its chatbot on WhatsApp.



TECH BUZZ

IFCN's bot has been built to address the challenge of misinformation, particularly during the COVID-19 pandemic, by connecting people with independent factcheckers in more than 70 countries and also with the largest database of debunked falsehoods related to the



JAPAN AQUARIUM SEEKS VIDEO-

CHATS FOR EELS

Japanese aquarium, closed during the coronavirus outbreak, is asking people to make video calls to their eels so that the sensitive creatures remember humans exist and don't pose a threat. The Sumida Aquarium, housed in the landmark Tokyo Skytree tower, has been closed since the start of March and its animals have become used to a largely human-free environment during the two-month calm.

In a bid to reacquaint the eels with humans, the aquarium is setting up five tablets facing the tank housing the delicate creatures, with eel enthusiasts asked to connect through iPhones or iPads via the FaceTime app. Once the video calls start, people are supposed to show their faces, wave and talk to the eels

SOON, 'TWILIGHT' PREQUEL BOOK. WRIT-TEN FROM VAMPIRE'S PERSPECTIVE

uthor Stephenie Meyer has thrilled fans of her best-selling 'Twilight' novels by announcing that she will release a prequel that explores the characters' love story from the perspective of vampire Edward Cullen. Called 'Midnight Sun,' the new book will chronicle Cullen's past and the time he first meets Bella Swan, a human high school classmate, who later becomes his wife. Earlier installments have been told from Bella's point of



Meyer's original four 'Twilight' books sold more than 100 million copies. They were adapted into a blockbuster film series released by Lions Gate Entertainment Corp that starred Robert Pattinson and Kristen Stewart

WORLD LEADERS PLEDGE BILLIONS FOR VIRUS VACCINE RESEARCH

orld leaders, organisations and banks have pledged \$8 billion for research to find a vaccine against the new coronavirus, but warned that it is just the start of an effort that must be sustained over time to beat the disease. The funds, pledged at a video-conference, was held in response to the World Health Organisation's call for global collaboration to contain and defeat COVID-19. Notably absent from the event was US, where more than 67,000 people have died of coronavirus, till date.



About 100 research groups are pursuing vaccines, with nearly a dozen in early stages of human trials or poised to start

TEAMS DON'T TAKE US LIGHTLY ANYMORE: MITHALI RAJ

ndia's women team ODI skipper Mithali Raj wants to add that elusive World cup trophy to her cabinet, before calling it quits. Raj has stated that constantly churning out good results against top sides has helped the team gain a solid reputation in recent times. According to her, teams India lightly anymore and come prepared before facing them.

> **SPORTS** Raj helped India reach final of the World Cup tournament on two occasions - 2005 and 2017 but the 'Women in Blue' suffered heartbreaks against Australia and **England respectively**

HIGH SCHOOL KIDS MAKING INSTA YEARBOOKS IN US



undreds of students in the US have created yearbook accounts on Instagram to celebrate their classmates' achievements and share memories and inside jokes. The pages are assembled from student submissions sent to the account administrators by direct message—portraits, post-graduation plans, quotes. Classmates comment on each post as a kind of signature. Matt Beiger, 18, a senior at Dunwoody High School in Dunwoody, Georgia, created a yearbook account for his high school a couple weeks ago. So far, they've featured more than 130 students on the account about a third of their class

> Have you created something on these lines? Please share at timesnie175@gmail.com

As race to develop vaccine for the treatment of COVID-19 gains momentum, the Food and Drug Administration (FDA) has granted emergency use authorisation to use remdesivir to treat the new virus.

An antiviral drug, remdesivir was developed by pharmaceutical giant Gilead Sciences, to fight the Ebola virus that struck the world in 2013. It was shelved as it was found ineffective. However, despite its initial failures, Remdesivir was later shown to be effective against both SARS and MERS, and is now being tested in new clinical trials as a potential treatment against

COVID-19.



REMDESIVIR

It obstructs the stage of replication, when the virus creates copies of itself in the body. In other words, the drug is able to inhibit the virus and prevent its further spread in human cells

According to experts, once the virus enters the human cell, it releases its genetic material, which in turn is copied using the body's existing mechanism- various human proteins, virus proteins, and their interactions come into play at every stage of infection.

CELEB TALK

It is important to focus on learning new skills during lockdown: Paes



ndian tennis great Leander Paes has stressed on the need to focus on learning new skills during the coronavirus-forced lockdown to keep oneself mentally and physically fit. Speaking at an Education Webinar for coaches, jointly organised by the All India Tennis Association (AITA) and the Sports Authority of India (SAI), Paes spoke on various topics including his junior days, transition to men's circuit, and the role mental fitness plays in tennis, among others.

The Webinar will also have a session of 'Coaching Young Children and Young People' by Kawaljeet Singh. Miguel Crespo from the International Tennis Federation will join as the guest speaker.

FUN-ZONE

HAVE A VIDEO TO SHARE? SEND IT TO US

LEARN WITH OUR COVID-19 WARRIORS: LAHARI T of class XII, Delhi Public School, Nacharam, plays a favourite tune on the piano as she spends time pursuing her hobby during the lockdown.



AARYA TIWARI, a class VIII student of Samashti International School, is utilising the lockdown in creating func-

tional projects, such as a Social Distancing Device which is the need of the hour. Here he shares one of his projects, the Doppler Speed Radar using Arduino.

Have a video on how to deal with this current lockdown? Send us 1) Clear videos 2) Of 2minute duration 3) With details (name, class and school) 4) At timesnie175@gmail.com



CHECK YOUR APTITUDE

A bullet train, starts C. 360 kph its journey at 0700 hours, to cover a distance of 900 km one way. It completes one round trip at 1300 hours. Find the average speed of the train.

A. 300 kph B. 690 kph

2 Jeff borrows ₹ 7000 from Bob and plans to return this money after 3 years at an interest rate of 13% per annum. How much money would Bob receive at the end of 3 years?

3 Manoj travels 3 km forward, turns left,

C. ₹ 9130 D. ₹ 2730

A. ₹ 7000 B. ₹ 9730

and proceeds 4 km to reach school. What is his total displacement?

A. 5 km

B. 7 km C. None of the above, D. 25km

3. (a) 5 km

2. (b) ₹ 9730

1. (A) 300 kph

ANSWER:

Sneha, class X, Silver Oaks International School, Sarjapur,

Bengaluru

Q.4) Which is the most powerful

graphics card?



KNOWLEDGE BANK

Amanita phalloides Commonly known as death cap, it is a deadly poisonous basidiomycete fungus mushroom.

Widely distributed across Europe, ingesting one death cap mushroom is enough to kill a healthy adult. In fact, people are advised not to touch it. Within 6 to 12 hours after consumption, violent abdominal pain, vomiting, and



rapid fluid loss can happen and eventually death.

Vibha A Vaidya, class IV, Silver Oaks International School, Sarjapur, Blr

Quiz time

TECH

Intl School, Sarjapur, Bengaluru

Q.1) Which type of processor can be overclocked?

A. X, B. U, C. H, D. HQ

Q.2) Which of these processors are made by apple?

A. i7, B. 3750, C. Pentium, D. A12 Q.3) Which of these processors are A. SSD, B. HDD, C. SSHD, D. EMMC

server processors? A. Intel i9, B. Intel XEON, C. Intel Celeron,

D. AMD Ryzen 3 3200

TEACHERS

SPEAK

Pranav V, class VII, Silver Oaks

A. RTX 2080 Max - Q, B. GTX 1080 Ti, C. Titan RTX, D. AMD Radeon VII

> Q.5) Which iPhone has the best camera?

A. iPhone Xr, B. iPhone X

C. iPhone 8 Plus D. iPhone Xs Q.6) Which is the fastest type of

storage?

Q.7) Which is the newest type of ram?

pay raise. A. DDR3, B. DDR4, C. DDR5, D. DDR6

1. A) X, 2. D) A12, 3. B) Intel XEON, 4. C) Titan RTX, 5. D), iPhone Xs 6. A) SSD, 7. B)

S.F. AND COMIC KIDS



On his first trip to civilization, Jerry Giraffe claims he was attacked. Jerry says he was crossing a black trail when a creature with bright, shining eyes quickly approached. It let out a loud cry and then slammed into him with its hard skin. Before Jerry passed out, he noticed part of the creature was transparent, and other animals it had swallowed could be seen inside. What explanation does Slylock Fox have for the giraffe's experience?

Solution -- Jerry was hit by a car.

Rock the TEST

Want to boost your general knowledge? Take this exciting test. Rest assured, it will really test you!



. Which of the following . imaginary lines does not pass through Africa?

A: Tropic of Cancer

B: Equator

C: Tropic of Capricorn

International Date line

• Which African river $oldsymbol{ol}}}}}}}}}}}}}}}}}$ A: Zaire River B: Nile River

C: Senegal D: Zambezi

) . Which is the longest O. river in Africa?

A: Congo River B: Orange River

C: Zambezi River D: Nile River

nity of Africa?

A: Zulu

WUZZLES

 $\mathbf{R}\mathbf{R}$

PASS

B: Maasai C: San Bushmen

. deserts is the largest hot desert and the third largest

desert in the world after Antarctica and the Arctic?

A: Sahara Desert

B: Kalahari Desert c: Karoo Desert

D: Namib Desert • Tugela Falls, the sec-

in the world, lies in which African country?

A: Algeria 🖵 B: S Africa c: Sudan 🖵 D: Tunisia

DEUCE

IT TREY

VN2MERS: 1. D, 2. A, 3. D, 4. D, 5. A, 6. B

WUZZLES

Word Wise

Defenestrate (verb): to

throw (something or someone) forcefully through a window.

Synonyms: eject,

expel. **Examples:**

■ His boss was defen**estrated** after he refused to give him a

■ She ejected her table lamp through the window.

■ The rock was expelled forcefully out of the window.

■ The seat was ejected through the cockpit window.

■ In a hasty bid to escape, he defenestrated himself and ran.

Siddharth Arun, class IX, Silver Oaks International, School, Sarjapur, Bengaluru



RYE RYE Answers 2. It's in the eards MNZSTE2. I. Railroad overpass

IDIOM OF THE DAY

COOL AS A CUCUMBER

Meaning: To be very calm even under stress PARTHIV SYAMMOHAN, CLASS VII, SILVER OAKS INTERNATIONAL SCHOOL, SARJAPUR, BENGALURU



STUDENT BUZZ

INDIA IN LOCKDOWN



First of all, I would really like to thank our Prime Minister Narendra Modi and the government for extending the lockdown and encouraging us to stay at home. I would also like to thank all the hospital staff and the police out there risking their lives for

us. Coronavirus has been a big threat to the entire world. This virus, which was first detected in Wuhan, China, has now spread around the globe. The lockdown, which was declared on March 24 has now been extended to contain the virus. I would urge everyone to stay at home and be safe. One must only step out in case of emergencies. With collaborative efforts, we will soon conquer this pandemic and bring things back to normal.

Devangi Saboo, class VI E, Samashti International School, Hyderabad

OUR WORLD, OUR RESPONSIBILITY

In today's world there is a fine line between awareness and response. Even though several people are aware about an issue, very few decide to respond to it. Even when mankind knows it's their responsibility to care for Mother Earth, they tend to ignore it. We have been learning about our responsibility towards our planet since childhood but never really cared to fulfil it. People tend to ignore the fact that nature needs to be nurtured. It follows the policy of give and take. Humans have been destroying the greatest gift of almighty right from the beginning. It started with cutting down trees for farming and developing industries. Today people are living in just an illusion of a developed society. The day when man realises and fulfills the needs of nature, that day society will observe real development. So, let us all join hands today and take an oath to preserve our beautiful planet. Laasya Kasichinula, class IX, Bharatiya Vidya Bhavans Atmakuri, Hyderabad

SCHOOL IS COOL

Learning life skills from indoor games



the skills of your children. At our school, we engage students not only in the playground, but also focus on indoor games such as chess, caroms and lots of classroom-based games. It is our responsibility to ensure that children develop their overall

> playing games, be it indoor or out-Due to the unexpected lockdown, children do not get to play

personality by

outside or go for a walk to enjoy the fresh air in the evenings. All study and no play will surely make your child dull and inactive. As they are all running low on ways to stay entertained and connected to friends; parents, as real friends, need to play indoor games at least for an hour every day.

This not only helps your children to stay connected but will also hone their life skills such as patience, resilience and self-confidence. Through such games, children have a real time opportunity to gain confidence which will also pave the way to channelise their energy in a positive and produc-

Vandana Srivastava, Primary Coordinator, Delhi School of Excellence, Attapur

The Zero Effect

scribbles something like a circle on a paper, that's when the existence of the figure zero begins in his life. The child in this stage has no idea about the role this tiny digit is going to play in his life in fu-

Mathematical-

ly, a zero gets a val-

ue when it is preceded by a natural number. Zero is manipulated a lot in calculations. The value of a number increases when zeros are added after it. When a number is multiplied by zero you are left with nothing but zero, and similarly when zero becomes a

power of a variable the val-

Do you think the use of zero is only limited to math-

> A simple application of zero can change the equations in economy, business accounts, chemical reactions and even in beauty statements. Remem-

> ematical operations? Well no.

ber how Bollywood actress Kareena Kapoor had once rocked the celluloid with her size zero? I would like to conclude by stating that everything that begins with zero ends

Usha Krishna, Teacher at Senior Wing, Pallavi Model School, Bowenpally

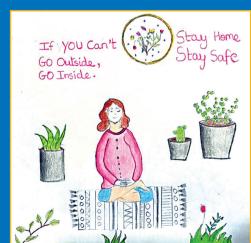
with zero



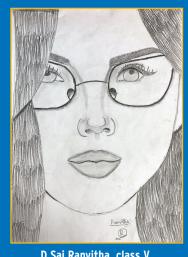
Navya, class VII A. **Jubilee Hills Public School** Painters' Gallery



Mannat Kaur Gill, class V D. **Army Public School, Golconda**



Mahathi Bharath Reddy Patil, class V, Gitanjali Primary School



D Sai Ranvitha, class V, Edify World School, Balapur