



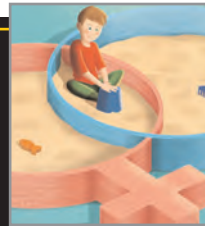
# THE TIMES OF INDIA

[www.toistudent.com](http://www.toistudent.com)
**TODAY'S EDITION**

➤ We are back with the sample papers. This week, we bring you maths & chemistry paper  
**PAGE 2**



➤ We tell you why more and more parents are raising their child as gender-neutral in today's world  
**PAGE 3**



➤ ICC World Test Championship: India favourite to reach the final  
**PAGE 4**


**STUDENT EDITION**

FRIDAY, FEBRUARY 5, 2021


**WEB EDITION**
[CLICK HERE: PAGE 1 AND 2](#)

## COVID-19 VACCINE DRIVE

### India fastest to reach 4mn mark

India has inoculated around 45% of healthcare workers across the country against Covid-19 in 18 days since the launch of its vaccination drive on Jan 16, becoming the fastest country to vaccinate over 4 million, official data till February 2 shows. On Wednesday, 2,48,662 beneficiaries were vaccinated taking the total to over 43.9 lakh till late evening, accounting for 47% of the total 92,61,227 health workers enrolled from the public and private sector.



- Compared to India, the US took 20 days, whereas UK and Israel took 39 days to vaccinate four million people
- Among the major states (with large pool of beneficiaries), Madhya Pradesh vaccinated the highest— 69.4% of its healthcare workers till February 2, followed by Rajasthan at 64.7%

## Wanna curb wildlife loss? Shift to PLANT-BASED DIET

If reports are to go by, the world is on the verge of losing wildlife. A worldwide shift away from meat is 'urgently needed' to curb wildlife loss, claims a new report backed by the UN. The report, from the UN-backed Chatham House, warns that the global rate of extinction of wild species is now 'orders of magnitude' (an exponential change of plus-or-minus 1 in the value of a quantity or unit) higher than the average over the past 10 million years.

According to researchers, the global food system is the primary driver for this state of affairs, as wildlife-rich forests and Savannah have been converted into land to grow crops or graze livestock, while efforts to produce cheap food has driven harmful intensive agriculture



Nearly four-fifths of the world's agricultural land is used for livestock grazing or growing animal feed crops, even though the majority of calories and protein comes from plant-based foods

### WHY A VEGETARIAN DIET IS THE NEED OF THE HOUR

- 1 According to scientists, a dietary shift from meat to eating more plant-heavy products would help in combating the outsized impact that farming animals has on nature, land use, and greenhouse gas emissions, across the world
- 2 It would also benefit people's health around the world, and help reduce the risk

of pandemics, which mostly come from farmed or wild animals

Moreover, scientists are of the view that a vegetarian diet, away from meat can help in freeing up the lands, which can be returned to nature. This would also allow widespread adoption of nature-friendly farming without increasing the pressure on the farmers to switch to more natural land for cultivation

## NO DECISION ON COUNTRYWIDE ROLL-OUT OF NRC, MHA TELLS PARLIAMENTARY PANEL

The Centre has not taken any decision on the roll-out of the National Register of Citizens (NRC) for the whole country, the ministry of home affairs has told a parliamentary panel. The parliamentary committee had earlier observed that there is a lot of dissatisfaction and fear among the people regarding the National Population Register (NPR) and census.



- The update of the NRC was carried out in Assam to identify bona fide Indian citizens living in the state but the initiative had created a nationwide uproar
- A total of 3.3 crore people in Assam had applied to be included in it. Of them, 3.1 crore have been included in the document and 19.06 could not find place in the NRC, according to the final report published in August 2019

## INDIAN DOCUMENTARY 'WRITING WITH FIRE' WINS AUDIENCE AWARD AT SUNDANCE FILM FESTIVAL

Writing with Fire, an Indian film chronicling the rise of Khabar Lahariya, India's only newspaper run by dalit women, has won the audience award in the World Cinema Documentary category at the Sundance Film Festival 2021.


**HONOUR**

➤ 'Writing with Fire', which also marks the debut of directors Rintu Thomas and Sushmit Ghosh, follows an ambitious group of dalit women, led by their chief reporter, Meera, as the team switches from print to digital in order to stay relevant

➤ Armed with smartphones and the courage and conviction one must be born with, they investigate the incompetence of the local police force, listen to and stand by the victims of caste and gender violence, and challenge the long-standing, harmful practices that lead to injustice and intimidation

## FOUR-YEAR-OLD GIRL DISCOVERS 220 MILLION-YEAR-OLD DINOSAUR FOOTPRINT AT A BEACH IN WALES

A four-year-old girl has made a big discovery. Walking along a beach in Wales with her father and their pet dog, she spotted an extremely well-preserved dinosaur footprint that has excited paleontologists worldwide. Lily Wilder made the discovery near Bendor Bay in south Wales, UK, finding an imprint thought to have been left 220 million years ago.

### DISCOVERED

- According to experts, it's likely that the footprint was made by a dinosaur that stood about 29.5 inches tall and about 8 foot long
- It would have been a slender animal with a tail that walked on its two hind feet, and actively hunted other small animals and insects
- The specimen footprint, known as a 'grallator', could help scientists to know more about how dinosaurs walked



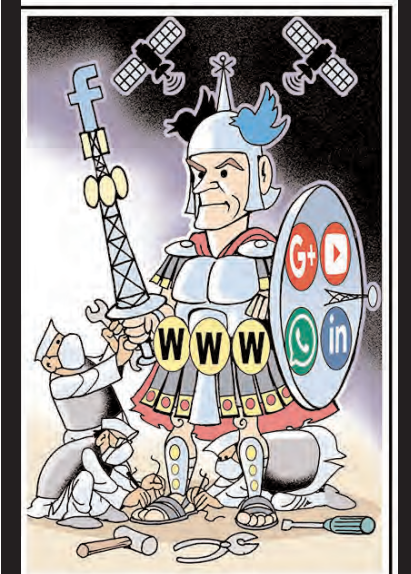
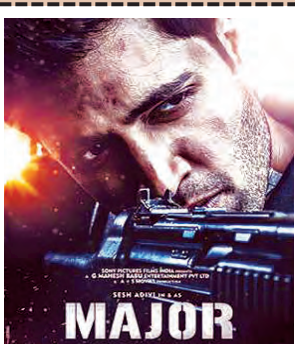
## MEET INDIA'S YOUNGEST FEMALE PILOT: AYESHA AZIZ FROM KASHMIR



Ayesha Aziz, the 25-year-old from Kashmir, who is the youngest female pilot in the country, is a source of inspiration and a beacon of empowerment for numerous Kashmiri women. In 2011, Aziz became the youngest student pilot to get a license at the age of 15 and underwent training to fly a MIG-29 jet at Russia's Sokol airbase, the following year. She later graduated in aviation from the Bombay Flying Club (BFC) and obtained a commercial license in 2017.

I chose this field because I have loved travelling since a very young age, and was very fascinated by flying. It is quite challenging because this is not like a normal 9-5 desk job. There is no fixed pattern and I have to constantly be ready to face new places, different types of weather and meet new people

## JUST LIKE THAT AJIT NINAN


**World Web Warriors**


### MAJOR

Actor Adivi Sesh will portray the role of 26/11 martyr and Ashok Chakra recipient, Major Sandeep Unnikrishnan, who served in the Special Action Group of National Security Guards. Produced by Mahesh Babu, the film is being shot simultaneously in Telugu and Hindi.

## MEN OF HONOUR: REEL HEROES BRING ALIVE REAL HEROES

Biopics have traditionally been an easy way to stack up the box office numbers, more so if the subject has a patriotic edge. Men of honour fighting for the nation always make for engaging and inspiring stories. Over the next months, Bollywood has several stories lined up that focus on valour in uniform. While

the Indian soldier as a fictional entity has been around for a while, these films draw from true accounts of uniformed personnel, who fought to protect the nation. While some of these films have announced the cast, others are still in pre-production stage. We take a look at the ones that should make waves upon release...



### BULL

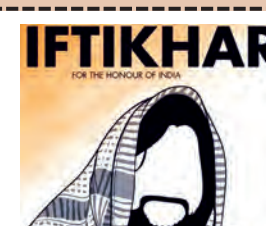
The film accounts the story of army man-mountaineer Colonel Narendra Kumar, who was pivotal in Indian Army claiming the Siachen Glacier in 1984.

### SAM MANEKSHAW

Actor Vicky Kaushal will essay the role of Field Marshal Sam Manekshaw in the biopic, directed by Meghna Gulzar. Manekshaw was the Chief of the Army Staff during the 1971 India-Pakistan war.

### IFTIKHAR

The film tells the story of Major Mohit Sharma, who was posthumously awarded the Ashok Chakra. The Para Special Forces Officer infiltrated Hizbul Mujahideen under the alias of Iftikhar Bhatt. While the cast has not yet been revealed, the film is based on Shiv Aroor and Rahul Singh's book 'India's Most Fearless 2: More Military Stories Of Unimaginable Courage And Sacrifice'.

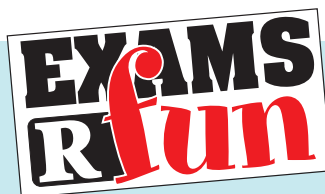


### SHERSHAHAH

A biopic of Param Vir Chakra recipient Captain Vikram Batra, the Vishnuvardhan directorial, will see actor Sidharth Malhotra play the lead role. During the Kargil War, Captain Batra was instrumental in capturing the crucial peak Point 4875, sacrificing his life. He was called Sher Shah among his unit members for his bravery. The film is produced by Karan Johar.



# FIND THE FORMULA TO EXCEL IN CHEMISTRY



CLASS:  
XII - 2020-21

SUBJECT:  
CHEMISTRY (CBSE)

## SECTION-A

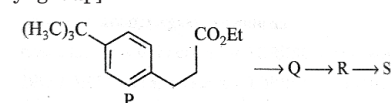
(OBJECTIVE TYPE)

**Q1.** Read the passage given below and answer the questions: (Each correct answer carries 1 mark in exams)

Columns 1, 2 and 3 contain starting materials, reaction conditions and type of reactions respectively.

Column 1	Column 2	Column 3
(I) Toluene	(i) NaOH/Br <sub>2</sub>	(P) Condensation
(II) Acetophenone	(ii) Br <sub>2</sub> /hν	(Q) Carboxylation
(III) Benzaldehyde	(iii) (CH <sub>3</sub> CO) <sub>2</sub> O/ CH <sub>3</sub> COOK	(R) Substitution
(IV) Phenol	(iv) NaOH/CO <sub>2</sub>	(S) Haloform

The reaction of compound 'P' with CH<sub>3</sub>MgBr (excess) in (C<sub>2</sub>H<sub>5</sub>)<sub>2</sub>O followed by H<sub>2</sub>O gives 'Q'. The compound 'Q' on treatment with H<sub>2</sub>SO<sub>4</sub> at 0° C gives 'R'. The reaction of 'R' with CH<sub>3</sub>COCl in the presence of anhydrous AlCl<sub>3</sub> in CH<sub>2</sub>Cl<sub>2</sub> followed by treatment with H<sub>2</sub>O produces compound 'S'. [Et in compound P is ethyl group]



The following questions (i) - (iv) are multiple choice questions. Choose the most appropriate answer:

(i) The only correct combination in which the reaction proceeds through radical mechanism is

(a) (II) (iii) (R) (b) (III) (ii) (P)  
(c) (IV) (i) (Q) (d) (I) (ii) (R)

(ii) For the synthesis of benzoic acid, the only correct combination is

(a) (III) (iv) (R) (b) (IV) (ii) (P)  
(c) (II) (i) (S) (d) (I) (iv) (Q)

(iii) The reactions, Q to R and R to S, are

(a) Friedel-Crafts alkylation and Friedel-Crafts acylation. (b) dehydration and Friedel-Crafts acylation. (c) Friedel-Crafts alkylation, dehydration and Friedel-Crafts acylation. (d) aromatic sulphonation and Friedel-Crafts acylation.

(iv) The product S is



**Q2.** Read the passage given below and answer the following questions: (Each correct answer carries 1 mark)

The particles of colloidal solution possess electrical charge which is responsible for the stability of these solutions. The charge on colloidal particles

## PRACTICE PAPER SET BY NAVITA DIXIT PGT-CHEMISTRY, UDGAM SCHOOL, AHMEDABAD



arises because of selective adsorption of ions which are common with their own lattice. The presence of charge on colloidal particles can be determined with the help of a phenomenon known as electrophoresis. However, when some electrolyte is added, the charge on the particles of dispersed phase gets neutralised and precipitation takes place. This process is also called coagulation. The coagulation is given by Hard-Schulze rules. According to these rules the ions carrying the charge opposite to that of sol particles are effective and coagulating power of an electrolyte is directly proportional to the fourth power of the valency of the ion. Coagulation can also occur by mutual precipitation, by electrophoresis, by persistent dialysis or by heating or cooling.

In these questions (Q.(i) - (iv), a statement of assertion followed by a statement of reason is given. Choose the correct answer out of the following choices:

(a) Assertion and reason both are correct statements and reason is correct explanation for assertion.

(b) Assertion and reason both are correct statements, but reason is not correct explanation for assertion.

(c) Assertion is correct statement, but reason is wrong statement.

(d) Assertion is wrong statement, but reason is correct statement.

(i) **Assertion:** When silver nitrate solution is added to potassium iodide solution, it results in negatively charged colloidal solution.

**Reason:** The precipitated silver iodide adsorbs iodide ions from the dispersion

medium.

(ii) **Assertion:** The conversion of fresh precipitate to colloidal state is called Peptization.

**Reason:** Peptization is caused by addition of common ions.

(iii) **Assertion:** Ultrafiltration stops the flow of colloidal particles.

**Reason:** Pore size of ultrafilter papers is more than the size of colloidal particles.

(iv) **Assertion:** Coagulation power of Al<sup>3+</sup> is more than Na<sup>+</sup>.

**Reason:** Greater the valency of the flocculating ion added, greater is its power to cause precipitation.

In the following questions, (Q.No.3 - 7) a statement of assertion followed by a statement of reason is given. Choose the correct answer out of the following choices:

(a) Assertion and reason both are correct statements, and reason is correct explanation for assertion.

(b) Assertion and reason both are correct statements, but reason is not correct explanation for assertion.

(c) Assertion is correct statement, but reason is wrong statement.

(d) Assertion is wrong statement, but reason is correct statement.

(i) **Assertion:** The two DNA strands are complementary to each other.

**Reason:** Adenine forms two hydrogen bonds with cytosine and thymine forms three hydrogen bonds with Guanine.

**Q4. Assertion:** Sulphur exist as S<sub>8</sub> but oxygen exists as O<sub>2</sub>.

**Reason:** Oxygen forms pπ-pπ multiple bond due to small size and small bond length but pπ-pπ bonding is not possible in sulphur.

**Q5. Assertion:** When a solution is separated from the pure solvent by a semi-permeable membrane, the solvent molecules pass through it from pure solvent side to the solution side.

**Reason:** Diffusion of solvent occurs from a region of high concentration solution to a region of low concentration solution.

**Q6. Assertion:** p-nitrophenol is more acidic than phenol.

**Reason:** Nitro group helps in the stabilisation of the phenoxide ion by dispersal of negative charge due to resonance.

**Q7. Assertion:** Boiling points of alcohols and ethers are high.

**Reason:** They can form intermolecular hydrogen-bonding.

## SECTION-B

The following questions, (Q.No.8-16) are Short Answer Type I questions (SA-I). (These carry 2 marks each)

**Q8.** Write the structures and names of the compounds formed when compound 'A' with molecular formula, C<sub>7</sub>H<sub>8</sub> is treated with:

(i) Cl<sub>2</sub> in the presence of FeCl<sub>3</sub>.

(ii) CrO<sub>2</sub>Cl<sub>2</sub> in CS<sub>2</sub> followed by H<sub>2</sub>O.

**Q9.** The vapour pressure of water is 12.3 kPa at 300 K. Calculate vapour pressure of 1 molal solution of a non-volatile solute in it.

**Q10.** (a) Predict the geometry of [Ni(CO)<sub>4</sub>].  
(b) Calculate the spin only magnetic moment of [MnBr<sub>4</sub>]<sup>2-</sup> ion.

**Q11.** The following results have been obtained during the kinetic studies of the reaction: 2A+B→C+D

Experiment	[A]/mol L <sup>-1</sup>	[B]/mol L <sup>-1</sup>	Initial rate of formation of D/mol L <sup>-1</sup> min <sup>-1</sup>
I	0.1	0.1	6.0 × 10 <sup>-5</sup>
II	0.3	0.2	7.2 × 10 <sup>-5</sup>
III	0.3	0.4	2.88 × 10 <sup>-4</sup>
IV	0.4	0.1	2.40 × 10 <sup>-4</sup>

Determine the rate law expression for the reaction.

**Q12.** The half-life for radioactive decay of <sup>14</sup>C is 5730 years. An archaeological artifact containing wood had only 80% of the <sup>14</sup>C found in a living tree. Estimate the age of the sample.

**Q13.** Explain the mechanism involved when HCl is added to isobutylene.

**Q14.** Explain why ozone is thermodynamically less stable than oxygen.

**Q15.** The following haloalkanes are hydrolysed in presence of aq. KOH.

(i) 2-Chlorobutane  
(ii) 2-chloro-2-methylpropane

Which of the above is most likely to give a racemic mixture? Justify your answer.

**Q16.** Atoms of element B form hcp lattice and those of the element A occupy 2/3rd of tetrahedral voids. What is the formula of the compound formed by the elements A and B?

## SECTION-C

**Q. No. 17 - 21 are Short Answer Type II Questions (SA-II) (Carry 3 marks in exams):**

**Q17.** Give reasons for the following:

(a) The enthalpies of atomisation of the transition metals are high.

(b) Mn<sup>2+</sup> compounds are more stable than Fe<sup>2+</sup> towards oxidation to their +3 state?

(c) The lowest oxide of transition metal is basic, but the highest is amphoteric/acidic.

**Q18.** (a) Give a chemical test to distinguish between N-methylethanamine and N,N-dimethylethanamine.

(b) Write the reaction for catalytic reduction of nitrobenzene followed by reaction of product so formed with bromine water.

(c) Out of butan-1-ol and butan-1-amine, which will be more soluble in water and why?

**Q19.** Aluminium crystallises in a cubic close-packed structure. Its metallic radius is 125 pm.

(i) What is the length of the side of the unit cell?

(ii) How many unit cells are there in 1.00 cm<sup>3</sup> of aluminium?

**Q20.** Three amino acids are given below: Alanine CH<sub>3</sub>CH(COOH)(NH<sub>2</sub>), Aspartic acid HOOC-CH<sub>2</sub>CH(COOH)(NH<sub>2</sub>) and Lysine H<sub>2</sub>N-(CH<sub>2</sub>)<sub>4</sub>-CH(COOH)(NH<sub>2</sub>).

(a) Make two tripeptides using these amino acids and mark the peptide linkage in both cases.

(b) Represent Alanine in the Zwitter ionic form.

**Q21.** (a) Arrange the following in the increasing order of basic strength: NH<sub>3</sub>, SbH<sub>3</sub>, BiH<sub>3</sub>, PH<sub>3</sub>, AsH<sub>3</sub>

(b) With what neutral molecule is ClO<sub>2</sub> isoelectronic? Is that molecule a Lewis base?

(c) What inspired N. Bartlett for carrying out reaction between Xe and PtF<sub>6</sub>?

# Get the equation right with Maths

Paper set by Shipra Budhiraja, coordinator - Math, DPS Whitefield, Bengaluru

## PART-A (SECTION-I)

**Q1.** Find the ratio between the LCM and HCF of 5, 15, 20.

**Q2.** If α and β are zeros of polynomial p(x) = x<sup>2</sup> + 5x + a and α, β = 2, find the value of 'a'.

**Q3.** Find the value of k so that the following system of equation has infinite solutions  
3x - y - 5 = 0; 6x - 2y + k = 0

**Q4.** The students of a class are made to stand in a row. If 3 students are extra in a row, there would be 1 row less. If 3 students are less in a row, there would be 2 rows more. Take number of rows as x and number of students in each row as y. Write linear equations in two variables to represent the situation.

**Q5.** The 17<sup>th</sup> term of an AP exceeds its 10<sup>th</sup> term by 7. Find the common difference.

**Q6.** Find the roots of the quadratic equation 100x<sup>2</sup> - 20x + 1 = 0

**Q7.** If (1-p) is a root of the equation x<sup>2</sup> + px + 1 - p = 0, then find roots of the equation.

**Q8.** ΔABC is circumscribing a circle. Find the length of BC.

**Q9.** In the figure, AT is tangent to the circle with centre O such that OT = 4cm and ∠OTA = 30°. Then

find the length of AD.

**Q10.** In triangle ABC, DE || BC and AD = 3/5. If AC = 4.8 cm, find AE

**Q11.** In the given construction, what is the length of tangents?

**Q12.** If sin α = 1/3, then find the value of (2 cot α + 2).

**Q13.** If cosec A - cot A = k, then find the value of cosec A + cot A.

**Q14.** A piece of wire 20 cm long is bent into the form of an arc of a circle subtending an angle of 60° at its centre. Find the radius of circle in terms of π.

**Q15.** Volume and surface area of a solid hemisphere are numerically equal. What is the diameter of hemisphere?

**Q16.** Two different dice are tossed together. Find the probability of getting a doublet.

## (SECTION-II)

Case study questions

**Q17.** A dilation stretches or shrinks a figure. The image created by a dilation is similar to the original figure. The scale factor (k) of a dilation is the ratio of corresponding side lengths. The center of a dilation is a fixed point in the plane about which all points are expanded or contracted.

**Q18.** The Kendriya Vidyalaya Sangathan is a system of premier central government schools in India that are instituted under the aegis of the Ministry of Education (MHRD), Government of India. As of October 2020, it has a total of 1243 schools in India, and three abroad. It is one of the world's largest chains of schools. Its schools are all affiliated to the Central Board of Secondary Education (CBSE). Its ob-

jective is to educate children of the Indian Defence Services personnel who are often posted to remote locations.

One of the Kendriya Vidyalaya prepared a table of marks obtained by 100 students

Mean marks obtained are 53

(a) How many students obtained marks in the interval 80 - 100?

(b) What is the lower-class limit of modal class?

(c) What is the modal marks?

(d) What is the median marks?

(e) What is the upper limit of the median class?

(f) A yet another ride is designed using the polynomial y = x<sup>3</sup> - 3x + 2. Which of the following would be the shape of the graph?

(g) What is the value of polynomial, y = z<sup>2</sup> - 5z + 1 at z = -1?

(h) What is the maximum height (in cm) achieved by ball according to this time - height graph of a ball?

(i) The coordinates of point o in sketch 2

(j) The coordinates of point A in sketch 2

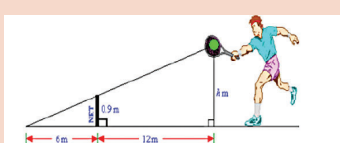
(k) The coordinates of point A in sketch 2

(l) The coordinates of point A in sketch 2

(m) The coordinates of point A in sketch 2

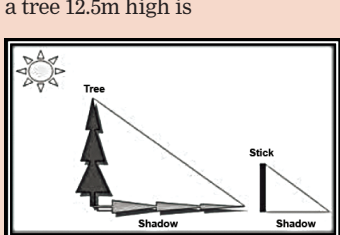
(n) The coordinates of point A in sketch 2

(o) The coordinates of point A in sketch 2



(i) 3:1 (ii) 1:2 (iii) 1:3 (iv) 2:1

(c) The shadow of a stick 5m long is 2m. At the same time the shadow of a tree 12.5m high is



(i) 3m (ii) 3.5m (iii) 4.5m (iv) 5m

(d) The dimensions of the model of a multi-storey building are 1.2m × 75 cm × 2m. If the scale factor is 1:30, what is the actual dimensions of the building.

(i) 36m × 22.5m × 60m

(ii) 10.2m × 2m × 15m

(iii) 120cm × 150cm × 200cm

(iv) 24m × 14.4m × 80m

(e) A model of a boat is made on the scale of 1:4. The model is 120cm long. The full size of the boat has a width of 60cm. What is the width of the scale model?

(i) 20cm (ii) 25cm

(iii) 15cm (iv) 240cm

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(j) The coordinates of point A in sketch 2

(k) The coordinates of point A in sketch 2

(l) The coordinates of point A in sketch 2

(m) The coordinates of point A in sketch 2

(n) The coordinates of point A in sketch 2

(o) The coordinates of point A in sketch 2

sketch 2

i) (32,10) ii) (19,10)

iii) (13,10) iv) (10,32)

(c) In sketch 2, point O divides AC in the ratio k:1. The value of k is

i) 2 ii) 1/2 iii) 1 iv) 3

(d) The point on x axis (sketch 2) which is equidistant from points D and C.

i) (8,0) ii) (0,8) iii) (0,-8) iv) (-8,0)

(e) The point on y axis (sketch 2) which is equidistant from points B and C.

i) (8,0) ii) (0,8) iii) (0,16) iv) (16,0)

**Q20. It's A Rollercoaster**

Designing a roller coaster is not easy. They have to be exciting but not jerky. Mathematics equations are used to design shape of a smooth curve, including loops and many other features.

(a) The figure shows the graph of a section of roller coaster ride. What are the number of zeros of the polynomial represented by graph?

i) 1 ii) 2 iii) 3 iv) 4

(b) A yet another ride is designed using the polynomial y = x<sup>3</sup> - 3x + 2. Which of the following would be the shape of the graph?

i) Straight line ii) parabola iii) circle iv) none of these

(c) What is the value of polynomial, y = z<sup>2</sup> - 5z + 1 at z = -1?

i) 4 ii) 5 iii) 6 iv) 7

(d) What is the maximum height (in cm) achieved by ball according to this time - height graph of a ball?

i) 500 ii) 10



# How to Raise a Gender-Neutral Child

More and more parents are deciding to raise their kids gender-neutral. Experts explain what it is, when parents should start, and how it affects a child's development

## WHAT IS GENDER-NEUTRAL PARENTING?

Gender-neutral parenting can take many forms. Some stricter applications of this parenting style can keep the child's gender hidden from the outside world until they are ready to identify as male or female. The most famous example of this is a family covered by the Toronto Star in 2011, who wouldn't reveal the gender of their child - Storm Stocker-Witterick. Other iterations don't take gender-neutral as literally, instead exposing their child to toys, clothes, and activities that cross gender lines. Christia Spears Brown, Ph.D., associate chair at the University of Kentucky, is a gender-neutral parenting expert. She uses this parenting style with her two daughters because she doesn't think the alternative best serves their future.

## HOW TO RAISE A GENDER-NEUTRAL CHILD

Gender-neutral parenting psychology can be tricky. Here are a few science-backed tips:

### Reduce the Importance of Gender

1 Don't use the term gender-neutral, but help your kids be free of any gender restrictions. You can do this by removing labels on gender from your language. For example, replace 'What a smart girl you are!' with 'What a smart kid you are!'.

### Avoid the Pink and Blue Themes

2 Watch out for attributing gender stereotypes and any stressing of difference between boys and girls. Never associate pink with a girl and blue with a boy. This can change their thinking and behaviour to adapt to norms early on. You can get them gender-neutral clothes, and encourage them to wear neutral colours. However, if your child naturally gravitates towards either pink or blue, don't discourage them. Teach them that all colours are equal, and they can choose whatever they like.

### Encourage Girls and Boys to Play Together

3 It is vital for children to be comfortable playing with the opposite gender, as this will make them ready for future relationships at work, at home, and in school. You can enter your child in mixed-gender activities, sports, and play groups.

### Don't Eliminate Gender Entirely

4 Your goal should not be to erase gender, but to encourage your child to look past gender norms, and pursue all interests, careers, and hobbies. By making sure their opportunities and choices are not restricted by gender, you can better emphasise how irrelevant gender is in society.

### Introduce Them to Role Models

5 Expose your children to role models like male nurses, female engineers

and mechanics, and so on. Your child will be encouraged if they learn about people who challenge gender stereotypes, and express themselves in a gender-fluid manner.

### Focus on Your Kid As an Independent Individual

6 Studies show that there is no difference between a male brain and a female brain. Although both genders have biological differences, in other aspects, they have a mix of traits that are characteristic of both sexes. Hence, it is essential to focus on your child as a single human, rather than a gender-related boy or girl.

### Teach Them That Being Different is Okay

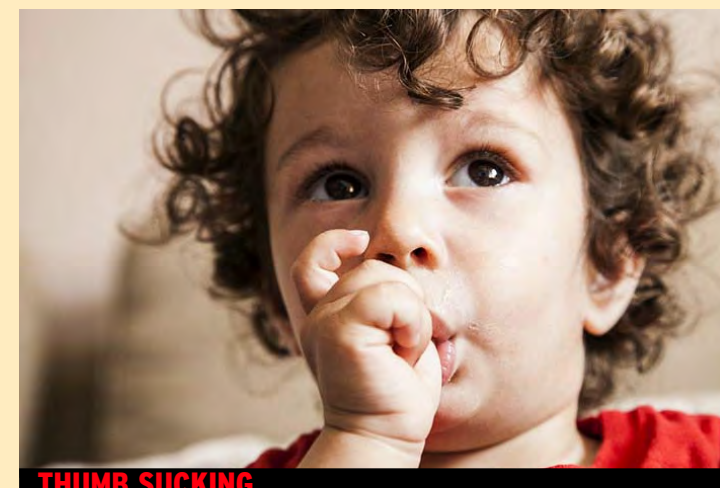
7 It is important to teach and reassure your child that being gender-neutral might be slightly different to others, but is still completely okay, positive, and normal.

➤ Watch out for attributing gender stereotypes and any stressing of difference between boys and girls. Never associate pink with a girl and blue with a boy. This can change their thinking and behaviour to adapt to norms...

## Dental habits you do not want your kids to have

All parents want their kids to have healthy teeth and gums. This is why they spend hours making dental care fun for them. While you make sure that your kids brush their teeth twice a

day and don't miss their dentist appointment, there are a few harmful habits that often go unnoticed. These habits might seem harmless, but that is not actually the case. Here are five dental habits you do not want your kids to have.



### THUMB SUCKING

One of the most common and worst habits is thumb sucking as it impacts the teeth and jaws. Not many parents know that the psychological reason behind the habit is your child craving for love, affection and security. You need to train your child to discontinue it. You can use habit breakers like thumb guards, bitter liquids or visit the dentist to treat the habit.



### TONGUE THRUSTING

The habit is a hard one to notice. It happens when a child pushed his tongue forward between the teeth while swallowing. The habit is usually a harmless one but over the years it can cause a shift in the tooth position.

### BOTTLE TO BED

Many kids have a habit of going to bed with their bottles, which parents think is comforting and harmless. This can lead to baby-bottle decay, which is a lethal condition, where the teeth get softened by the rapid action of decay-causing bacteria leading to pain and infection in the mouth.

### HARMLESS HABITS

List of harmless habits includes lip biting, pencil chewing and putting everything in the mouth.

### FREQUENT SNACKING

Frequent snacking can cause food sticking to the teeth for numerous hours, which can cause tooth decay and gum problems. Teach your kids to rinse your mouth after every meal, or at least twice a day.



### TEETH GRINDING

This habit is also a fairly common one among children. It is sometimes accompanied by an alarming sound of gnashing, which can scare you. The reason behind the habit can be genetic predisposition, mispositioned teeth, deficiencies and worms in the gut.

# These statements can trigger disordered eating in kids

It is important to instil healthy eating habits in children early in life to shape their relationship with food. But talking to kids about food and weight can be a tricky task. In a world where people have a habit of labelling things and people, it can be challenging to teach kids about food in a positive way. Children are like a sponge. They absorb everything said and done around them and mimic the actions and even adopt them. So, the way you talk about food around them is vital. It can either help them build a healthy relationship or in the worst case trigger disordered eating.

## Disordered eating vs eating disorder

There is a huge difference between an eating disorder and disordered eating. Extreme cases of disordered eating are Anorexia and Bulimia. The signs of eating disorders are easy to identify like obsessing over food, which can interfere with their ability to carry out their daily activities and even damaging mental health. But cases of disordered eating are more subtle and difficult to pinpoint. It is generally a term used for unhealthy eating behaviours and worries about body image like dieting and restrictive eating. We

Some major differences between an eating disorder and disordered eating is the frequency and degree of severity. Parents must help their kids improve their eating habits and self-esteem



mostly take these things lightly, but it can lead to grave damage later in life. Some major differences between an eating disorder and disordered eating is the frequency and degree of severity. Those deal-

ing with disordered eating habits engage in similar behaviours as those with an eating disorder, but it is sporadic and less severe. Parents must help their kids improve their eating habits and self-esteem.

To do so they must be careful about what they say and how they act around their little one. Here are common phrases that you must avoid around your kids to prevent disordered eating.

### "I am watching my weight"

It seems like an innocent comment that many people make regularly. You might just mean that you are taking care of your eating habits and are conscious about what you eat, but it can have a negative impact on your kid. As per research published in the 'Journal of Adolescent Health', talking about your own weight in front of your daughter may increase the likelihood of her practising unhealthy and extreme methods to control the weight. She can take drastic steps

like cutting calories, skipping meals, without your knowledge that can turn out to be dangerous for her health.

### "You are always hungry" or "Your appetite has increased"

This is another common statement we make on a general basis without realising how much harm it causes to your kid. Statements like this make your kids feel that they are eating more and they start feeling uneasy about their weight and body shape. The best thing to do is to avoid commenting on how much they are eating. Rather, make them understand the importance of healthy eating and drinking more water.



## QUIZ TIME (CURRENT AFFAIRS)

Q.1) Arinjeeta Dey won a medal for India in World Youth Cup 2019.

- A. Gold  
B. Silver  
C. Bronze  
D. None of these

Q.2) Who is the author of the book

'Whispers of Time'?

- A. Krishna Sakseena  
B. Jhumpa Lahiri  
C. Vikram Seth  
D. Rohinton Mistry

Q.3) What amount did the Union Budget 2019 target

through the disinvestment of CPSEs including Air India?

- A. ₹6,05,000 crore  
B. ₹1,05,000 crore  
C. ₹2,05,000 crore  
D. ₹1,08,000 crore

## ANSWERS

1. B) Silver 2. A) Krishna Sakseena 3. B) ₹1,05,000 crore

## KNOWLEDGE BANK (FUN FACT)

### Eiffel Tower

This tower becomes 15 cm taller in summer because when a substance is heated up, its particles move more, taking up a larger volume. This is known as thermal expansion. Conversely, a drop in temperature causes it to contract again. This effect is most dramatic in gases but occurs in liquids and solids such as iron too. For this reason, large structures such as bridges are built with expansion joints which allow them some leeway to expand and contract without causing any damage.



## WORD WISE

**quintessential:** (n) of the pure and essential essence of something. Of or relating to the most perfect embodiment of something.

**Synonymous words:** typical, ultimate, classic, ideal, best.

**Examples:** ■ This is the best Jewish delicatessen

in the city.

■ It was the **quintessential** performance of the Brandenburg Concertos.

■ In reality, he is a **classic** example of how Washington corrupts.

■ It was so **typical** of Angela's aunt to play fairly godmother and shower her favourite niece with gifts.

## COMMON GRAMMATICAL MISTAKES

### EFFECT / AFFECT

#### THE RULES:

- An **effect** is a result or a consequence. (usually a noun). **Effect** may also function as a verb meaning "to bring about something."
- An **affect** is to have an impression, influence, or effect on something. (usually a verb)

#### HOW NOT TO DO IT:

- This has greatly **effected** his mental state.

#### HOW TO DO IT PROPERLY:

- This has greatly **affected** his mental state. ■ The **effect** was catastrophic.
- He **effected** the change in the existing system.



# ALL EYES ON WTC FINAL SPOT

A dream took flight during an unforgettable Australian summer and a confident India will aim to soar higher with the return of Virat Kohli against Joe Root's England during a four-Test series starting Friday with both sides bidding to qualify for the World Test Championship final – set to be played from June 18 to 22 at Lord's

## INDIAN SIDE HAS EVERYTHING TO OVERCOME THE ENGLISH CHALLENGE

- The four-match Test series Down Under was not only about cricket, it was a mental, physical and temperamental test of the players which they passed successfully: Virat Kohli's side is on higher morale as compared to England, who are coming after a 2-0 series win against depleted Sri Lanka. Both the teams are fighting for a finals spot in the World Test Championship (WTC). New Zealand on Tuesday had become the first team to qualify for the inaugural ICC WTC final as the Test series between Australia and South Africa was postponed. The Kiwis will now be joined by either India, England or Australia in the WTC finals.
- To book their place in the WTC finals, India will have to win the series against England by 2-1, 2-0, 3-1, 3-0, or 4-0 margin. For England to qualify and join New Zealand, they will have to win the series against India by 3-1, 3-0, or 4-0 margin.

While looking at the home squad, it seems like the side has all to overcome the English challenge. Rohit Sharma will continue to pair with his rookie partner Shubman Gill in the opening. Kohli, vice-captain Ajinkya Rahane and Cheteshwar Pujara will power the middle-order while it will be a tough call to pick between Rishabh Pant and Wriddhiman Saha for behind the stumps duty. India have always given preference to Saha in home conditions while Pant is considered as a foreign tour wicket-keeper by the management. But after the Australia tour, Pant has done it all to cement his place in the team irrespective of the conditions.

It will be interesting to see whether India goes with four bowlers or five. Most likely the hosts will opt for three spinners. Off-spinner Ravichandran Ashwin and chinaman Kuldeep Yadav will be the first two choices while there will be a toss-up between offie Washington Sundar and orthodox left-armers Axar Patel.

## England lose Zak Crawley to wrist injury

➤ On the other hand, England struggled with the opening pair in the Sri Lanka tour and Zak Crawley's injury has added another worry for the side. Crawley injured his right wrist and as a result, the top-order batsman didn't train on Wednesday at the practice session.

➤ In Crawley's absence, Rory Burns can join Dominic Sibley for the opening. Root, who will be playing his 100th Test on Friday, will bolster the middle-order while Jos Buttler, Ben Foakes, Dan Lawrence and Ben Stokes will further power the batting line-up.

➤ Jofra Archer will lead the fast bowling for visitors while there could be a toss-up between James Anderson and Stuart Broad. If Moeen Ali gets a chance in the XI, either Dom Bess or Jack Leach will play as the other spinner.

## 'EXTREMELY DIFFICULT FOR THE VISITORS TO OVERCOME THE CONDITIONS'

➤ I hate predicting because it's a sport. And it's very difficult to predict. But then, again, I think the venue for the first two Test matches, obviously we'll put India as favourites because Chennai has always been a happy hunting ground for India. Plus, obviously, spin plays a huge part, and if you compare both the sides with their spinning options, (Ravichandran) Ashwin, probably the

best in the world right now. You have got Kuldeep Yadav. And on the other side here, they've got an inexperienced spin bowling attack. **Gautam Gambhir, former India batsman**

If a third team of India can beat Australia at their backyard, I feel they will go into the series as clear favourites. Any Test series is expected to be 'competitive,' it will be

extremely difficult for the visitors to overcome the conditions. The last time England played a full Test series in India in 2016, they were walloped 4-0 while it was Alastair Cook's men who could last turn the tables on India in 2012 with James Anderson and Stuart Broad at their peak. **K Srikanth, former opener, India**

I think India is going to win this series 3-0, or 3-1. I think England

will have their day at Ahmedabad in the third Test match. But I think that India will come in and win the final Test match of the series in Ahmedabad. India are definitely going to win the two Test matches in Chennai. So 3-1 and they will go to the World Test Championship final at Lords. **Brad Hogg, former Australia spinner**



Virat, the leader of the pack, is back and will be raring to go against the English attack

Photo: GETTY IMAGES

## WE DON'T SHARE EVERY TRICK OF TRADES WITH FOREIGN PLAYERS IN IPL: AJINKYA



Photo: GETTY IMAGES

The top England players like Jos Buttler, Jofra Archer and Ben Stokes may all be IPL regulars but it doesn't mean that they always get a sneak peek into a top Indian player's mindset or strategies

➤ What we do in IPL, it's not like we tell them all the things and I think that is very important. Yes, we have played a lot of cricket together, but when you represent the country, it is all about how best you can give individually and as a team. **Ajinkya Rahane**

## 'WE MUST PLAY AS A TEAM'

➤ The IPL has made it easier for players across the globe to come closer and also exchange notes on each other's games while sharing the dressing room for two months. How much will that help England during the upcoming series? Ajinkya Rahane was asked that question during the day. "See, we definitely play in the IPL, but Test cricket and IPL are completely different. We do know how their bowlers bowl here, but length (that one bowls) is completely different in Test cricket from what they are in white ball (formats)," Rahane replied.

➤ While he admitted that Archer and Stokes are key players for England, Rahane said one can't ignore the kind of balance that the opposition squad as a whole possesses. "Ben Stokes and (Jofra) Archer, they are really good players. They did really well for England, so it is not about any individual. I think it is all about a team, England team, they are a very balanced outfit which did really well recently against Sri Lanka. So for us, what is important is that we plan against all their guys and just play as a team here and back our strengths."

## Liverpool stunned by Brighton as Man City go 3 points clear



Steven Alzate

Liverpool's Premier League title defence suffered a damaging blow as Brighton earned a shock 1-0 win at Anfield, while Manchester City moved three points clear at the top with a 2-0 victory against Burnley. Jurgen Klopp's side paid the price for a sloppy display as Steven Alzate's second half strike gave struggling Brighton a memorable success at the expense of the injury-hit champions.

Brighton's first away league win against Liverpool since 1982 was secured in the 56th minute when Dan Burn headed a cross towards Alzate and the Colombia midfielder flicked his shot inside the far post. Liverpool are languishing in fourth place and trail Manchester City by seven points, with the leaders holding a game in hand. The Reds' dismal defeat leaves them in desperate need of three points when in-form City visit Anfield for a crucial clash on Sunday. **AFP**

## QUIZ TIME!

**Q1:** Who is the leading run-scorer matches? (15,921) of all time in Test matches?

- a) Brian Lara ☐ b) Sanath Jayasuriya ☐  
c) Don Bradman ☐ d) Sachin Tendulkar ☐

**Q2:** In which year, Muhammad Ali was chosen to light the flame during the Opening Ceremony of the Atlanta Olympic Games?

- a) 1996 ☐ b) 2010 ☐ c) 2014 ☐ d) 2016 ☐

**Q3:** Which South African cricketer has scored the fastest century in One Day International (ODI) cricket?

- a) Graeme Smith ☐ b) Hashim Amla ☐  
c) AB de Villiers ☐ d) Jacques Kallis ☐

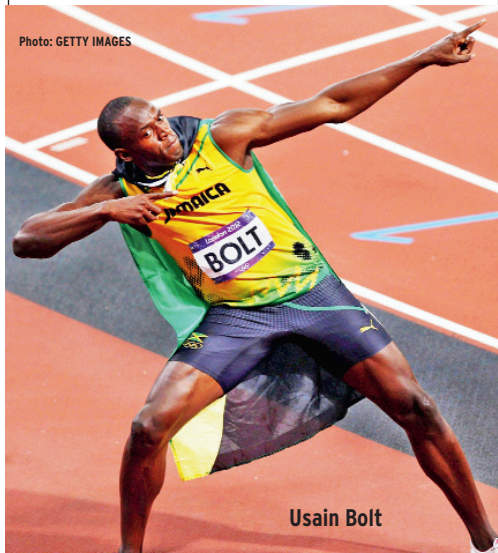
**Q4:** Other than George Bailey, which of the following male cricketers hold the record of most runs scored by a player in a Test match, in one over?

- a) Don Bradman ☐ b) Sanath Jayasuriya ☐  
c) Brian Lara ☐ d) Sachin Tendulkar ☐

**Q5:** Which Indian male shooter broke world record at the ISSF World Cup 2019 to claim 10m Air Pistol gold and maiden entry into Tokyo Olympics quota?

- a) Divyash Singh Panwar ☐ b) Abhishek Verma ☐  
c) Sanjeev Rajput ☐ d) Saurabh Choudhary ☐

**Q6:** During which Olympics, Usain Bolt made his debut as a 17-year-old sprinter where he went out in the opening round of the 200m?



Usain Bolt

- a) Athens Olympics, 2004 ☐  
b) Beijing Olympics, 2008 ☐  
c) Rio Olympics, 2016 ☐  
d) London Olympics, 2012 ☐

**Q7:** Which women cricketer hold the record of most dismissals by a wicket-keeper in Twenty20 Internationals (T20Is)?

- a) Rachel Priest ☐ b) Taniya Bhatia ☐  
c) Sarah Taylor ☐ d) Alyssa Healy ☐

**Q8:** Who won the gold medal in men's javelin throw at the Rio Olympic Games in 2016?

- a) Julius Yego ☐ b) Thomas Rohler ☐  
c) Johannes Vetter ☐  
d) Andreas Thorkildsen ☐

**Q9:** In which year, Thomas Bach was elected as the ninth President of the International Olympic Committee (IOC)?

- a) 2013 ☐ b) 2012 ☐ c) 2011 ☐ d) 2010 ☐

**Q10:** Which of the following most number of sixes in a Test match?

- a) BB McCullum ☐ b) Wasim Akram ☐  
c) Navjot Singh Sidhu ☐ d) Rohit Sharma ☐

**ANSWERS:** 1 d) Sachin Tendulkar  
2 a) 1996 3 c) AB de Villiers  
4 c) Brian Lara  
5 d) Saurabh Choudhary  
6 a) 2004 Athens Games 7 d) Alyssa Healy  
8 b) Thomas Rohler 9 a) 2013  
10 d) Rohit Sharma