



THE TIMES OF INDIA

www.toistudent.com
**TODAY'S
EDITION**

➤ Learn more about the history of Afghanistan and the country's present scenario after Taliban takeover

PAGE 2


➤ Another bumpy and surreal back-to-school season is upon us. Read what educationists and students have to say

PAGE 3


➤ US Open: World No 1 Ash Barty loses in the third round

PAGE 4

STUDENT EDITION

MONDAY, SEPTEMBER 6, 2021


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

Let's make virtual classes more vibrant: Sudha Murthy

Author and chairperson of Infosys Foundation, Sudha Murthy, feels that the online classes being held by schools owing to the pandemic need an overhaul in order to make them more interesting, and children more receptive. "What we are witnessing right now is just a 'translation' of a physical classroom into a virtual one, something, which is not working at all. We need to improvise and use our imagination to ensure that children receive what is being taught and do not get bored," she said.



Remember, obtaining high grades is not the only condition to succeed in life. What makes a person truly successful is an enormous amount of patience and adjustment. It is also about how good a team player he/she is

ON THE RAT RACE TO SCORE A PERFECT 10

It's unfortunate that most of the educational institutions are just focussing on grades and ranks. Besides, parental pressure on children to aim for courses, which they (parents) could not take up, stunts the

overall growth of young minds. Those who draft the syllabus need to understand the importance of creative classes and soft skills where the real potential of children can emerge. Parents must stop wanting to complete their dreams through children

ON AUDIO BOOKS

I belong to a generation that enjoys holding a physical copy of the book and reading, but considering the changing times, such platforms may introduce children to the magical world of stories

 SHARE YOUR VIEWS AT TOINIE175@GMAIL.COM

MISSION MARS

Will it be safe for humans to fly to the Red planet?



Findings of a recent study suggests that humans should be able to safely travel to and from Mars, provided that the spacecraft has sufficient shielding and the round trip is shorter than approximately four years. Sending human travellers to Mars would require scientists and engineers to overcome a range of technological and safety obstacles. Here's some of them...

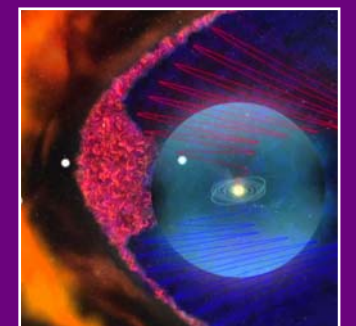


1 According to scientists, particle radiation from the sun, distant stars and galaxies will be the greatest obstacle

2 Experts say, the timing of a human mission to Mars would indeed make a difference: The scientists determined

that the best time for a flight to leave Earth would be when solar activity is at its peak, known as the solar maximum

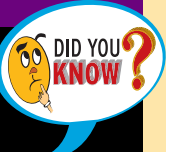
3 Scientists' calculations demonstrate that it would be possible to shield a Mars-bound spacecraft from energetic particles from the sun because during solar maximum, the most dangerous and energetic particles from distant galaxies are deflected by the enhanced solar activity



■ The two main types of hazardous radiation in space are solar energetic particles and galactic cosmic rays; the intensity of each depends on solar activity

■ Galactic cosmic ray activity is lowest within the six to 12 months after the peak of solar activity, while solar energetic particles' intensity is greatest during solar maximum

The average flight to Mars takes about nine months



4 Similarly, researchers recommend a mission not longer than four years because a longer journey would expose astronauts to a dangerously high amount of radiation during the round trip - even assuming they went when it was relatively safer than at other times

5 They also reported that the main danger to such a flight would be particles from outside of our solar system

Tokyo Paralympics: Krishna secures gold, Suhas clinches silver in badminton

INDIA FINISHES WITH 19 MEDALS

Krishna Nagar secured a second gold medal in badminton after Suhas Yathiraj claimed a silver as it turned out to be a Super Sunday for the Indian badminton contingent at the Tokyo Paralympics.

■ The 22-year-old Nagar, seeded second, defeated Hong Kong's Chu Man Kai 21-17 16-21 21-17 in the men's singles SH6 class final to retain his unbeaten run at the Games and join compatriot Pramod Bhagat in the gold medal winning list



BHAGAT HAD CLAIMED INDIA'S FIRST GOLD IN BADMINTON IN SL3 CLASS ON THURSDAY



KNOW YOUR RIGHTS: JOLIE URGES KIDS

Hollywood actress Angelina Jolie says, she hopes to empower children around the world with tools to "fight back" for their rights with a book she has written with Amnesty International. 'Know Your Rights and Claim Them', written with human rights lawyer Geraldine Van Bueren, one of the original drafters of the 1989 UN Convention on the Rights of the Child, aims to equip kids with the knowledge to safely challenge injustices.

HOW TO BE AN ACTIVIST

■ The book addresses identity, justice, education and protection from harm, among other issues. It provides guidance on becoming an activist, being safe and a glossary of terms and organisations.

■ The book is peppered with examples of powerful young voices from around the world, including Nobel Peace Prize winner Malala Yousafzai, climate activist Greta Thunberg and 15-year-old Palestinian journalist Janna Jihad.


BOOK

Study shows Coronavirus epidemic may have existed 21,000 years ago

The most recent common ancestor of sarbecoviruses – the family of coronaviruses to which SARS-CoV belongs – existed more than 21,000 years ago, nearly 30 times older than previous estimates, finds a study. The study showed that humanity may have been exposed to sarbecoviruses, which has the potential to jump from animals to humans, since the Paleolithic period, roughly 2.5 million years ago to 10,000 BC.

NOW, TRANSFER YOUR WHATSAPP CHATS FROM IOS TO ANDROID

Facebook-owned WhatsApp has added the ability for users to migrate their chat history when switching from iOS to Samsung Android devices. Previously, if users selected WhatsApp's cloud backup feature, then iOS chat histories were stored in iCloud, while Android's histories backed up to Google Drive, making it almost impossible to transfer chats between phones that weren't running the same operating system.


TECHAWAY

Rohit Sharma completes 15,000 runs in international cricket



Opener Rohit Sharma went past 15,000 runs in international cricket during India's second innings against England at The Oval on Friday. With this feat, the right-hander has joined an exclusive club, as he became only the eighth Indian batsman to achieve this feat in international cricket...

■ Sachin Tendulkar leads the pack with 34,357 runs

■ The other Indian players on the list are Rahul Dravid, Virat Kohli, Sourav



Ganguly, MS Dhoni, Virender Sehwag and Mohammed Azharuddin

■ Rohit is the 39th on the list of leading run-getters in the world across formats





WHY YOU MUST NOT HAVE FRUITS AFTER 4 PM

Fruits are one of the greatest sources of vitamins and minerals. Two servings of fresh fruits a day can keep you healthy and fit. It can aid in weight loss, help your organs perform their work efficiently and cut down the risk of chronic diseases. But just like there is an ideal time to have your meals, fruits too should be taken on fixed time to absorb maximum nutrients from it. If you believe in Ayurveda, then you must have your share of fruits before sunset to reap its health benefits

WHY FRUITS MUST BE CONSUMED BEFORE SUNSET

Lifestyle and wellness coach Luke Coutinho recently took to his Instagram handle to enlighten his followers why fruits should be eaten before sunset. Luke wrote that as per Ayurveda, the ancient Indian system of medicine, eating fruits in the evening can disturb the sleep schedule and disrupt the digestion process. As we know that most fruits are simple carbs that means they can be broken down. They are a great source of instant energy, at the same time they also spike blood sugar levels. Having it close to bedtime may disrupt your sleep due to a rise in the blood sugar level. Besides, post-sunset, our metabolism slows down and it becomes difficult to digest carbs. So, it is better to limit the carb intake.

FRUITS SHOULD BE TAKEN ALONE

Fruits should always be taken all alone and not be paired with dairy or vegetables. Taking fruits with dairy or vegetables can lead to the formation of toxins in the body. That happens due to improper digestion of fruits and low absorption of nutrients. The presence of toxins in the body can lead to illness and other health-related conditions.



AFGHANISTAN

WHAT'S HAPPENING AND WHO IS TO BLAME?

By Advait Joshi, class XI, Shri Ram School - Aravali, Gurugram. He likes Economics, and has participated in many MUN's and won awards



A BRIEF HISTORY

The instability in the state of Afghanistan started way before the 9/11 attacks. In the December of 1979, during the cold war, Soviet Union invaded Afghanistan to set up a pro-Soviet government there. The strategic location and the chance to have another ally was an offer too tempting for the Soviet Union to pass on and it began a whole war against the country and the Mujahideen, the guerrilla warfare fighters of Afghanistan. The US and Saudi Arabia funnelled in weapons and resources to the Mujahideen through Pakistan in the 1980s, and in 1989, the war ended with no real winner. After this, the country saw a civil war, which saw the Taliban set up their regime in Afghanistan until the entry of the United States in 2001.

On September 11, 2001, Operatives from the terrorist group Al-Qaeda hijacked four commercial airplanes, crashing two of them into the World Trade Centers, one in the Pentagon Building and one in Pennsylvania, resulting in the death of nearly 3,000 people and injuring thousands more. The attack was the deadliest terrorist attack on US soil. Then-President George W Bush vowed to “win the war against terrorism,” and zeroed in on Al-Qaeda and Osama bin Laden in Afghanistan, even though none of the 19 hijackers were from Afghanistan. He then signed into law a joint resolution to authorise using military force against those responsible for 9/11.



The opinions expressed in this page are those of the authors. They do not purport to reflect the opinions or views of Times Newspaper in Education or its members



WHAT IS HAPPENING IN AFGHANISTAN RIGHT NOW?

On August 15, India's Independence Day, Afghanistan lost its independence. Taliban was able to overthrow the old government, with the now ex-president Ashraf Ghani fleeing the country. Taliban officials said their only goal is to implement a government as per the Sharia law that restricts the role of women in society, and even though majority of Afghanistan wanted Sharia law in the polls done before, many are trying to leave the country as refugees. Airports and runways are overcrowded with people and many are losing their lives in the mayhem. Mothers are throwing their babies over borders so they don't have to live in Afghanistan. UK has pledged to take in 20,000 Afghan refugees, and many more will seek refuge around the world. Taliban insisted upon its commitment to peace, but accounts of human rights violations against the people of Afghanistan by Taliban tell a different story.



WHO IS TO BLAME?

The American Side

The speed at which the government of Afghanistan collapsed is something nobody could fathom, not even the Biden Administration, and many say that the pulling out of American troops allowed Taliban to take over the country. First of all, the entry of US into Afghanistan to fight the war against terror for almost 20 years was a decision that led to deaths of thousands of innocent civilians. US was backed by a foreign policy that would never reward them in leaving an un-winnable war. US strived to protect Afghanistan from the Taliban and other terror organisations, but the fact that they left the country with such swiftness contradicts their whole foreign policy. America took no steps to train the Afghan police or army to fight Taliban, and followed no accurate schedule in the withdrawal of troops. The reality that US entered the war and left without tangible results makes people question America's credibility in this long war.

The Afghan Side

The US national security advisor Jake Sullivan said the Afghan Army “chose not to fight for its country.” Afghan security forces “had the training, the size, the capability to defend their country,” he said. “This comes down to the issue of will and leadership. I did not, nor did anyone else, see a collapse of an army that size in 11 days.” This statement has an element of truth. There was a high level of corruption in the Afghan military, and that was something the US could never come to terms with. The Biden administration asserted that Afghan army had a force of 300,000. However, the Afghan military and police payrolls contained many what some call “ghost soldiers,” officers who did not exist but were listed so that officials could receive extra payments. The SIGAR or the Special Inspector General for Afghanistan reconstruction found that there was a gap between recorded and actual strength in the number of police/army personnel in the southern pro-Taliban provinces in recent years. This widespread corruption led to the inevitable demoralisation of the Afghan fighting force. Overall, Afghanistan was used as a pawn between geo-political superpowers. The world though is sad for the people of Afghanistan whose lives have been robbed of freedom for many decades. Although, for this current chaos, I believe both sides, the Afghanistan and the US - both have their reasons.

A Short History Of

America's Involvement in Afghanistan



By DURGA BASU
Class: X, Vasant Valley School, New Delhi

The Twin Towers engulfed by flames, George W Bush's war on terror, Taliban's refusal to hand over Osama bin Laden and finally, joyous sights of victorious NATO troops marching through Kabul, having ended five years of Taliban rule in 2001. Many of our parents will easily remember and recall these historic events and most of us associate the barbaric New York City attack with the beginning of US intervention in Afghanistan. But the truth is American intervention far predates 9/11 and actually started in the mid 20th century.

During the 1950s, both the US and USSR were heavily involved with infrastructure building in the, then Kingdom. The United States worked on the Helmand Valley project, an irrigation and agricultural project to build dams in southern Afghanistan. Both countries cooperated with King Zahir Shah.

The relationship between the nations hit a turning point when the King's cousin Daud Khan overthrew him in a bloodless coup and declared himself President of the Republic of Afghanistan. Khan had previously served as royal Prime Minister and was known for supporting the Soviet Union. His presidency made the United States increasingly uncomfortable. At the same time he also angered the Soviets by preaching Afghan self dependence and allying his country with anti Soviet countries.

However, military involvement began in the late 1970s, where Daud Khan was himself overthrown and a Marxist Leninist government was formed in Kabul. The United States started covertly funneling money into armed resistance groups through the Pakistani intelligence services.



This agitated the USSR and they invaded Afghanistan in 1979. However, it is a myth that the Soviet invasion started the Afghan civil war, as we have learnt, the western backing for rebels had started before the invasion happened. This backing for the Mujahideen (Islamic fighters engaging in war) only became public after the invasion.

It is also a common myth that the United States created the Mujahideen, they simply exploited the group but they didn't fund them completely. Most funds were received by Gulbuddin Hekmatkar, a prominent Islamic fighter. The US also committed a blunder when they convinced Egypt to release Ayman al-Zawahiri, second in command of Al-Qaeda. He was brought to Afghanistan as an attempt to bring in foreign fighters to ally with the Mujahideen. This meddling formed both the Al-Qaeda and Taliban. And the withdrawal of American and Soviet forces was the true element that triggered the civil war and plunged the mountainous nation into chaos.

What happened after Taliban seized power is well known: strict Sharia law and the refusal to release Osama bin Laden, which led to the famous NATO invasion of 2001. What happened next is history - the history that Taliban has hopefully learnt from for their second time in power.

The opinions expressed in this page are those of the authors. They do not purport to reflect the opinions or views of Times Newspaper in Education or its members



Salty & sweet Kiwi Juice

INGREDIENTS

- 3 large kiwis
- Salt as required
- Water as required
- 2 tablespoon sugar
- Black salt as required

STEP 1: Peel kiwis - Peel the kiwis and then scoop out all the pulp neatly. Transfer the pulp to a bowl.

STEP 2: Blend all the ingredients - In a blender, add sugar, salt, kiwi pulp and 4 cups of chilled water. Blend everything together until frothy.

STEP 3: Garnish it with black salt - Pour the juice into two glasses and then sprinkle some black salt. Mix it well.

STEP 4: Your kiwi juice is ready - Drop one ice cube and you are good to go. Enjoy the delicious taste and goodness of kiwi juice.

Kiwi is loaded with vitamin C and is great for gut health

Kiwi fruit is a nutritional powerhouse and is great for health. Juice it and reap the benefits. Here's the recipe

September 1st to 30th

melio

ALL-ROUNDER CUP

India's premier e-competitions platform

Online Challenges for Classes 1 - 8

Spelling Bee

Public Speaking

Speed Math

GK Quiz

Storytelling

Filmy Dance

Prizes worth 3 LAKHS to be won

Book a challenge now!

Special Times NIE Offer!
Only Rs 99/- per challenge!

support@melio.co.in

www.melio.co.in

9686534166

NOVAK DJOKOVIC

A STEP CLOSER TO HISTORY

After tackling two U.S. Open debutants, the Serbian faced an old foe reaching the fourth round with a 6-7(4) 6-3 6-3 6-2 win over Kei Nishikori

Following first-ever meetings with Denmark's Holger Rune and Dutchman Tallon Griekspoor, Djokovic faced a seasoned campaigner in Nishikori, who was runner-up at the 2014 U.S. Open having beaten the Serb to move into that year's final. Since then it has been one-way traffic in the rivalry with Djokovic sweeping 17 straight contests against the Japanese player, improving his head-to-head record to 18-2. But after Nishikori's 6-2 6-0 quarter-final thumping at the hands of the world No. 1 at the Tokyo Olympics, the 31-year-old made Djokovic sweat for his victory. "So far the toughest match of the tournament for me," said Djokovic.

Crowd cheers for the Serb

Usually the headliner under the Arthur Ashe Stadium lights, Djokovic made a matinee appearance on Saturday and appeared unsettled by the conditions as he went to work under a blazing sun. For the first time this week New York fans, who have not always embraced Djokovic, got behind the history-hunting Serb, showering him with cheers that had largely gone

to his opponents. While Djokovic did not need the fans to get through the opening week, he knows the path gets harder and at some point will most likely need the energy the crowd can bring to get him through a rough patch. "Arthur Ashe is the place where you bring the energy," said Djokovic. "That's where you feel this kind of electric atmosphere, particularly in the matches like this where it's decided in a few points. 'Yeah, the crowd was involved. It was loud. It was nice. I thrived on that.'"

The opening two rounds obviously felt well, played good. But the pace of the ball and the speed of Nishikori's tennis today was just higher than the opening two rounds' opponents that I had.
NOVAK DJOKOVIC

The Joker in control

A tight opening set was snatched by Nishikori in a tiebreak before Djokovic managed to settle into the contest, breaking the Japanese player

twice in the second on his way to leveling the match at a set apiece. In another workmanlike effort, the top seed took the decisive break in the third to go ahead 5-3, then held serve for a 2-1 lead. Now in control, Djokovic would leave Nishikori no openings to hope for a comeback, storming through the last four games of the fourth set to close out the contest in style. Djokovic now awaits the winner of the match between U.S. wildcard Jenson Brooksby and Russian Aslan Karatsev.

Lloyd Harris ousts Shapovalov

South African Lloyd Harris reached the fourth round of a Grand Slam for the first time on Saturday with a 6-4 6-4 6-4 victory over Canadian world number 10 Denis Shapovalov at the U.S. Open. The 22-year-old Shapovalov, seeded seventh at the hardcourt major this year, came into Saturday's match at the Louis Armstrong Stadium having lost his only previous meeting against Harris in March. Since that Dubai meeting, the South African, 24, has made rapid strides in his career, defeating 20-time Grand Slam champion Rafa Nadal in Washington last month and has climbed up to a career-best ranking of 46th. **REUTERS**



Novak Djokovic reacts after scoring a point

SUHAS YATHIRAJ SETTLES FOR SILVER

The IAS officer ended his campaign with a historic silver in the men's singles SL4 class Badminton final

The 38-year-old Noida district magistrate, who has an impairment in one of his ankles, produced an entertaining performance before narrowly going down 21-15 17-21 15-21 to two-time world champion Mazur in a 62-minute summit clash. Suhas had lost to Mazur, who has won three gold medals in European Championships as well, in the qualifying group A match but the India made a tremendous effort in the final to challenge his world No. 1 rival. The district magistrate of Gautam Buddh Nagar (Noida) thus also became the first-ever IAS officer to win a medal at the Paralympics. Suhas had earlier outwitted Indonesia's Fredy Setiawan 21-9 21-15 in the semifinal. In SL4 bronze medal play-off, second seed Tarun Dhillon went down 17-21 11-21 to Indonesia's Fredy Setiawan in 32 minutes to miss out of a medal at the Tottori national stadium.

A computer engineer, Suhas went on to become an IAS officer and has been posted as a district magistrate of Noida since 2020, a role that saw him at the forefront of the

fight against COVID-19 pandemic. On court, he has won gold medals at 2017 BWF Turkish Para badminton championship in men's singles and men's doubles. He also won gold in 2016 Asia championships, besides a bronze at 2018 Asian Para Games. **PTI**

It is a proud and prestigious moment to win a medal for the country in the world's largest sporting arena.

SUHAS YATHIRAJ

Silver medallist Suhas Lalinkere Yathiraj of India poses on the podium



Photo: REUTERS

WORLD NO. 1 ASH BARTY LOSES IN THIRD ROUND

World number one Ash Barty crashed out of the third round of the U.S. Open, losing 6-2 1-6 7-6(5) to American Shelby Rogers. There were early signs of trouble for heavy favorite Barty, who handed Rogers a break with four double faults in the third game, and got fewer than half of her first serves in as.

The Wimbledon champion found her form in the second set, getting a critical break in the fourth game with a forehand winner and again converting on break point in the sixth as Rogers whacked the ball into the net. Up 5-2 in the final set, the Australian appeared poised to walk away with the win in but Rogers roared back, winning four straight games in front of an electric home crowd. **REUTERS**



Photo: AFP

QUIZ TIME!

Q1: Which Indian player holds the unbroken record of scoring five goals in an Olympic final?

- Balbir Singh Sr.
- Dhyanchand
- Ashok Kumar
- None of the above

Q2: Where will the 2021 Tour de France start?

- Ireland
- Denmark
- Belgium
- France

Q3: Which female tennis player has won the highest number of Grand Slams?

- Steffi Graf
- Simona Halep
- Serena Williams
- Maria Sharapova

Q4: Which is the second-largest cricket ground in the world, by capacity?

- Eden Gardens
- Melbourne Cricket Ground
- Perth Stadium
- Adelaide Oval

Q5: Which of the following is awarded to individuals for promoting education, culture, development and peace through sport?

- Olympic Cup
- Olympic Laurel
- Olympic Town
- Olympic Order

Q6: How many Intl. centuries, Tests and ODI combined, has Sachin Tendulkar scored?

- 100
- 90
- 120
- 84

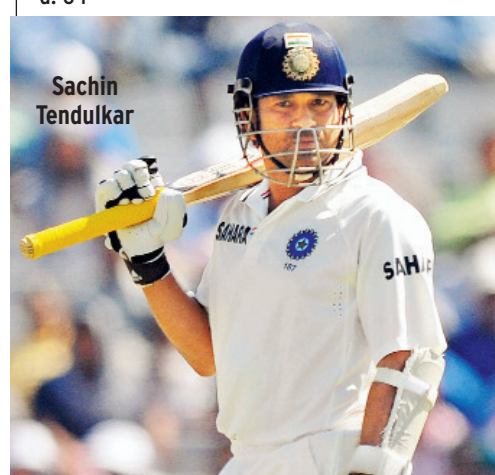


Photo: TOI

Q7: Who among the following is the only player to complete a Grand Slam in tennis in a Junior discipline?

- Stefan Edberg
- Rod Laver
- Ivan Lendl
- Boris Becker

Q8: Who won the most valuable player (MVP) award in the 2018 Asian Games?

- Lin Dan
- Kosuke Hagino
- Rikako Ikee
- Koji Ito

Q9: Which country won the gold medal in women's hockey at the 2018 Winter

Olympic Games?

- Canada
- USA
- Russia
- Finland

Q10: Each team is allowed a maximum of how many touches before the ball goes over the net in a game of Volleyball?

- Three
- Two
- Four
- Five

ANSWERS: 1. a. Balbir Singh Sr. 2. d. France
3. c. Serena Williams
4. b. Melbourne Cricket Ground 5. b. Olympic Laurel
6. a. 100 7. a. Stefan Edberg
8. c. Rikako Ikee 9. b. USA
10. a. Three