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STUDENT EDITION

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WEB EDITION

CORONA IS AIRBORNE.

What it means



The WHO has acknowledged scientists' claim that corona is airborne, meaning that it can stay aloft for hours in tiny droplets in stagnant air, infecting people as they inhale...

For how long a virus remain in the air?

An airborne virus can be carried through air in a viable form. Airborne diseases, such as measles can survive in the air for up to two hours. For the coronavirus, while experts agree that the virus does not travel long distances or remain viable outdoors, evidence suggests that it can traverse the length of a room and, in one set of experimental conditions, remain viable, for perhaps three hours.

Are aerosols diff from droplets?

In simple terms, aerosols are liquid or solid parti-

cles suspended in air. Though they can be visible like fog, most often, they are invisible, like dust or pollen. They are often divided into small droplets. So, aerosols are droplets, droplets are aerosols — they do not differ except in size. Scientists sometimes refer to droplets less than five microns in diameter as aerosols. According to scientists, large droplets, before evaporating, drop to the ground, causing local contamination.

How is corona related to aerosols and droplets?

From the start of the pandemic, the WHO and other public health organisations have focused on the

sneeze. More important, they expel aerosols even when they breathe, talk or sing, especially with some exertion. They say, as aerosols are lighter, they can linger in the air for hours, especially in the absence of fresh air.

Which are the vulnerable places?

Experts feel in a crowded indoor space, a single infected person can release enough aerosolised virus over time to infect many people, perhaps seeding a superspreader event.

WHAT ABOUT SOCIAL DISTANCING AND WASHING HANDS?

Scientists say physical distancing is still very important. The closer you are to an infected person, the more aerosols and droplets you may be exposed to. Washing your hands often is still a good idea. What's new is that those two things may not be enough. We should be placing as much emphasis on masks and ventilation as we do with hand washing, they add.



HOW CAN WE MINIMISE THE RISKS? When indoors, keep your windows and doors open, whenever possible, say experts. Upgrade the filters in your home air-conditioning systems, or adjust the settings to use more outdoor air rather than recirculated air, they add.

CLIMATE CHANGE TURNING CLEAR MOUNTAIN LAKES GREEN WITH ALGAE

Global warming is turning clear mountain lakes green in the western United States because of an increase in algae blooms "without historical precedent", researchers have said. The concentration of algae in two remote mountain lakes more than doubled in the past 70 years, they added. The results highlight the potentially harmful effects of climate change on pristine and remote ecosystems.



ENVIRONMENT

Rapid warming of high elevation environment has resulted in the rapid acceleration and dominance of green algae, which until recently were found in low abundance in the remote lakes

- ▶ The study points to climate change as driving the excess accumulation of nutrients, such as phosphorus and nitrogen that cause algal blooms
- ▶ If ingested, algae blooms can sicken wildlife in lakes and oceans, and destabilise aquatic environments by blocking out sunlight
- ▶ Freshwater and marine algae blooms can have a huge negative economic impact, affecting fisheries, tourism and human health

BRAD PITT TO STAR IN DAVID LEITCH'S 'BULLET TRAIN'

Hollywood star Brad Pitt is set to feature in the big screen adaptation of 'Bullet Train', based on the Japanese novel, 'Maria Beetle' by Isaka Kotaro. The film will be helmed by David Leitch, known for blockbusters, like 'Deadpool 2' and 'Fast & Furious Presents: Hobbs & Shaw'.



ENTERTAINMENT

In the novel, five assassins find themselves on a fast-moving bullet train from Tokyo to Morioka, with only a few stops, in between. They discover that their missions are related to one another. The question they face is: who will make it off the train alive, and what awaits them at the terminal station?

NEWS IN BRIEF

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I'M HOPING FOR RACIAL JUSTICE: DANAI GURIRA

Black Panther star Danai Gurira said, she is "daring to hope for racial justice", and is determined to fight for it. In an interview to the Women's Health magazine, the actress said, she is "inspired" to "keep going" by remembering the "labour of those who have come before". Elaborating further, she said, "it is a fight towards which many have devoted their

BLACK LIVES MATTER

lives for over so many years, a fight that has stubbornly refused to be won, I'm daring to hope. This is a moment that could bring about some real change."



SCIENTISTS DEVELOP STAMP-SIZED, WEARABLE DEVICE TO MONITOR COVID-19



BREAKTHROUGH

Researchers have developed a stamp-sized device, comprising a suite of sensors, an advance that can be used to catch early signs and symptoms of Covid-19, and help monitor patients as the illness progresses.

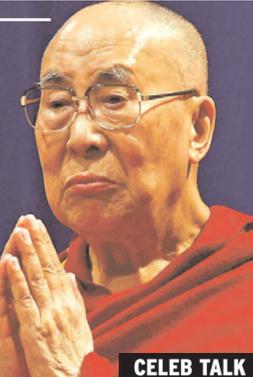
The sticker-like medical device is soft, flexible, and sits just below the suprasternal notch — the visible dip at the base of the throat. According to scientists, this part of the throat is an ideal location for monitoring respiratory health using the device, which is wireless and streams symptom data to physicians. As you cough and breathe, it counts coughs, monitors the intensity of cough and senses laboured breathing

CLIMATE CHANGE, PANDEMIC TEACH US TO WORK TOGETHER: DALAI LAMA

The Tibetan spiritual leader, The Dalai Lama, has said that climate change and the Covid-19 pandemic are challenges, which teach us to work together to create a peaceful world. "Nations are no longer isolated and self-sufficient as they once were," he added.

We have all become much more interdependent; therefore, there is a need to be even more aware of the oneness of humanity. The interests of others are our own. Climate change and the current pandemic, which threaten us all, are challenges that teach us that we must work together and make a concerted effort to reach our common goal of a more caring and a more peaceful world

The DALAI LAMA



CELEB TALK

'Kindness makes us healthier and happier'

Yes, you heard it right. Acts of kindness may not be that random after all. Science says being kind pays off. Research shows that acts of kindness make us feel better and healthier. That's not all. Scientists say, kindness is also key to how we evolved and survived as a species. We are hard-wired to be kind.



Photo: Getty Images

TENETS OF KINDNESS

- ▶ Kindness is much older than religion. It does seem to be universal. The basic reason why people are kind is that we are social animals. OLIVER CURRY, anthropologist
- ▶ Kindness is as bred in our bones as our anger, or our lust, or our grief, or as our desire for revenge. It's also the main feature that we take for granted.

MICHAEL MCCULLOUGH, psychologist
▶ When it comes to a species' survival, kindness pays, friendliness pays. Kindness and cooperation work for many species, whether it's bacteria, flowers or our fellow primate bonobos. The more friends you have, the more individuals you help, the more successful you are BRIAN HARE, anthropologist

LET'S BE KIND TO ONE ANOTHER

Have you indulged in any act of kindness to anyone? How does it feel? Please share your experiences at toinie175@gmail.com/timesnie175@gmail.com.

Pet dogs may improve socio-emotional skills in kids

Young children from dog-owning households have better social and emotional well-being compared to those who do not own a dog, say researchers. The researchers found that children from dog-owning households were 23 per cent less likely to have overall difficulties with their emotions and social interactions than children who did not own a dog. Children from dog-owning households were 30 per cent less likely to engage in antisocial behaviours, 40 per cent less likely to have problems interacting with other children.



FAMILY TIME

MOTHER KNOWS BEST



Things our parents did that we should bring back



HANGING CLOTHES OUT TO DRY

1 There's nothing better than the smell of fresh sheets off the clothesline. Houses in the past didn't have an electric dryer and so hanging clothes in the sun was out of necessity. Drying clothes outside like our grandmothers did can help save energy and money.

REUSING GIFT BOXES FOR YEARS & YEARS

2 Christmas and birthdays LOOKED similar at our grandmother's because she would reuse the gift boxes and gift bags over and over again! Why not? They work perfectly and serve their purpose. It seems silly and wasteful to buy new ones every time.



CANNING AND PRESERVING

3 Can you remember your grandparent's kitchen - stacked full of different sized mason jars filled with pickles, canned fruit and various jams/jellies. They would use things from their gardens to make their preserves. This way they would have the freshness of their garden.



Ever wondered if we rewound the world to 30 or 40 years ago, what would happen? In the time of our parents, they said: "Life was much simpler, people were more approachable and there were less complexities around in the world." We have made so much progress and have attained so many impossible achievements, not only in science and technology, but in everyday aspects of our lives. That still makes it difficult to say whether we have made life more simple or complex. We do need to progress, as all civilisations before us have. However, we cannot move ahead at the cost of our environment and we are paying a heavy price for climate change now.

We have compiled a list of endearing memories of few things that our parents and grandparents used to do which would earn them a gold star in the new #zerowaste trend. This is a tribute to them... the pioneers of reducing and reusing. Thank you for all that you taught us!



NEVER WASTING FOOD

4 Food is a valuable resource. It requires plenty of land and water to make and therefore food waste is exactly that, wasteful. Our parents are very careful to avoid any and all food waste. The freezer is full of soups, and food that is ready to be made into soup. When vegetables are close to spoiling and there isn't time to eat them, freeze them until you have enough to make a large pot of soup.

GIFTING MONEY ON SPECIAL DAYS

8 Instead of giving us material things for our birthdays or during holidays, our parents, would prefer giving us money to save for our future. We didn't need MORE things and the money came in handy for experiences later on. Don't you think it's a good idea?



MEAL PLANNING

6 Our parents are big planners. They always plan out every meal for the week and know exactly which ingredients



they would need from the store. Our parents could anticipate which meal will provide leftovers and managed accordingly. So, start planning.

MAKING USE OF FABRIC SCRAPS

7 The amount of fabric wasted in the clothing industry during production is alarming. Scraps never went to waste at our grandma's house. She used all leftover end pieces, cuts and old clothing to make quilts. They were beautiful and useful for keeping us warm and cozy.



MAKING OWN CLOTHING

5 There is something special about hand-made items. If everyone's clothes were made by their grandmother or mother, do you think we may think differently about fashion and the NEED for more or newer pieces? Try learning this skill for your own good.

HOME MAKEOVER

3 creative ways to use wallpaper

Want to give a makeover to your home in quarantine time without getting help from outside? After all, it's risky to call people for painting purpose. So, get creative with wallpapers and brighten up your place. Here are three super ideas to get going.



REVAMP OLD TRAYS: Most of us throw away old plastic trays but here's something you can do to make them look new. Layer them up with a water-proof wallpaper sheet. Voila, you have brand new trays at home.

INSIDE CLOSET LOOK: Closets usually have a plain white or a wooden background at the back. But if you deck it up with a trendy wallpaper, it makes the wardrobe look chic.

BRIGHTEN UP YOUR WASHROOM WALLS: If you want to pep up the walls of your bathroom, cut out 2 to 4 big rectangular pieces of wallpaper and paste them at equal distance - creating a pattern. Now your restroom will start exuding happy vibes.

IMMUNITY BOOSTER

Jamun Masala Lemonade



Jamun juice is a healthy and delicious summer drink. This summer, add a twist to this juice, by blending it with your regular lemonade. Here's the recipe.

HOW TO MAKE: Take 10-15 fresh jamuns and de-seed them. Place de-seeded jamuns in a blender and squeeze one whole lemon in it. Add 1/4 cup sugar, 1 teaspoon black salt, 1 teaspoon chaat masala (optional) and 1 1/2 cup water. Blend all the ingredients for 2-3 minutes or until it has a smooth, frothy consistency. Take serving glasses, add crushed ice, pour in the drink, and crush some mint leaves in it. Serve fresh and chilled.

Actor Recommends



Actor Kalki Koechlin joined an online reading campaign for kids in June 2020. Kalki read 'Go Away Coronavirus!', a picture book - written by Divya Thomas. The book is about safety during Covid-19, discusses kid's fears and gives hope to the readers for a better future. Many actors have in the lockdown period shared their book list with fans. Here, Koechlin talks about her favourite book and that one novel which everyone should definitely read.



TAKE 3 WITH KALKI:

Which is your favourite fairy tale or folk story?

'The little Prince' by Saint-Exupéry.

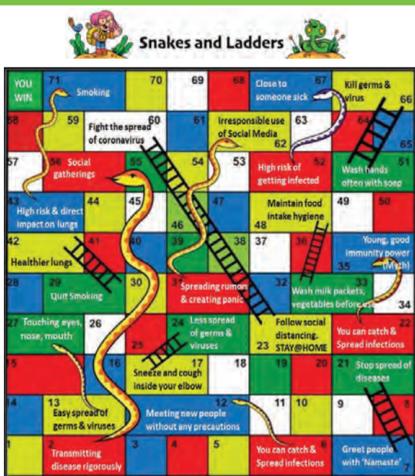
What kind of reader were you as a child? Which stories have stayed with you?

All the classic fairy tales my dad used to narrate to me when I was very young, 'The Frog Prince' was my favourite and I liked 'Thumbelina' very much. Later, I would read fantasy. I particularly remember Magdalene L'Eagle's books like 'A Wrinkle in Time'.

Which book do you think everyone should read at least once?

'The Catcher in the Rye' by JD Salinger.

MORE ACTIVITIES



*The usual snakes and ladders with a twist to fight CORONAVIRUS (COVID-19). 72 'Doshas' that we need to be careful about and pass through.



KNOWLEDGE BANK

Sustainable clothing

It's about fabrics derived from eco-friendly resources, such as sustainably grown fibre crops or recycled materials and how they are made. Earlier, being environmentally apparel-conscious meant buying clothes from thrift stores or shops selling second-hand clothing or donating used clothes to such shops for reuse or resale. Today, sustainable clothing means to reuse discarded clothing in landfills, and reduce environmental impact of agro-chemicals in producing conventional fibre crops such as cotton, jute, etc.

HOW TO PLAY:

> Each player puts their token next to the "1" to start the game.
> Roll a single dice on your turn and move your token towards the number of spaces shown on the dice.
> If your token lands to the bottom of a ladder, move up to the top of

the ladder.

> If your token lands to the head of the snake, slide down to the bottom of the tail of snake. The first player to cross 71, wins.

RISHABH JOSHI, class VI D,
Zebur School for Children,
Ahmedabad

Quiz time

CURRENT AFFAIRS

Q.1) Carrie Lam is a politician from which of the following countries?

A. Indonesia B. Hong Kong C. Japan D. South Korea

Q.2) Which animal's fingerprints are almost indistinguishable from a human?

A. Ape B. Dog C. Koala D. Orangutan

Q.3) Which of the following men's hockey team qualified for the

2020 Tokyo Olympics after thrashing Russia 7-1?

A. Spain B. India C. Germany D. Canada



ANSWERS

1. B) Hong Kong 2. C) Koala 3. B) India

COMMON GRAMMATICAL MISTAKES

1. CONNOTATION/DENOTATION

THE RULES:

- 'Connotation' is the feeling a word invokes.
- 'Denotation' is what the word literally says.

HOW NOT TO DO IT:

- I hate that word 'collector' because it has such a financial investment denotation.
- The 'Parks and Recreation' alumnus said he didn't know the word's medical connotation.

HOW TO DO IT PROPERLY:

- I hate that word 'collector' because it has such a financial investment connotation.
- The 'Parks and Recreation' alumnus said he didn't know the word's medical denotation.