



THE TIMES OF INDIA

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STUDENT EDITION



TUESDAY, JULY 14, 2020

WEB EDITION

THIS DAY THAT YEAR

JULY 14

1864: Gold is discovered in Helena, Montana

2015: Harper Lee's 2nd novel, 'Go Set A Watchman, an early 1957 version of 'To Kill A Mocking Bird' goes on sale in 70 countries

BEST PRESENTATION TOOLS FOR YOU

BUNCEE: A fun tool for creating a single 'slide' or many of them, Buncee gives you the option to choose from a variety of colourful backgrounds, images and animations. Add your own graphics, audio, embed videos, add text and more. It has free and fee plans, classroom options too

GOOGLE SLIDE: Easy to use, it is integrated with other Google tools. If you're a Google G Suite school, this is a no-brainer! Google Slides has all sorts of new features: integration with Google Keep, linked slides, slide sorter and more.

BEAUTIFUL.AI Free online presentation builder, it has great user interface with lots of pre-formatted slide templates for graphs, timelines, different text and image layouts, and more. Themes provide colour and typeface design.

HAIKU DECK A web and app presentation tool, it makes simple and effective presentation slides. Enter text and Haiku Deck presents images that might relate to your text. Use those images or add your own to create your presentation.

PREZI In this you can place text, photos, and other media on a big blank screen. Arrange in the order you want to present it and add paths to connect all the pieces.

RECORD YOUR SLIDES WITH AUDIO Screencast-O-matic, a free, web-based tool that records what is on your screen, while you narrate. Set up your slides in PowerPoint or another tool, launch the recording tool and go. You'll end up with a video of your presentation with your audio narration

IITs to assess CBSE course cut for JEE (Advanced)



EDUCATION

The IITs, which conduct JEE (Advanced), would be assessing the effect of reduction of the Central Board of Secondary Education (CBSE) syllabus on its papers.

According to the National Testing Agency (NTA) sources, the agency placed the revised syllabus of the CBSE before its subject expert committee recently. The experts observed that since the biggest chunk of candidates for the medical and engineering entrance tests comes from the CBSE, it will have to significantly change the question papers. An NTA official said, "When we plotted our syllabus with that of the revised CBSE syllabus, there is

The CBSE has revised its syllabus for the 2020-21 academic session due to Covid-19 outbreak, where key topics, like laws of motion, optics, communication system and electronic devices, 3D geometry, continuity, in physics, among others, have been dropped

a huge difference. Though senior secondary students start preparing for the exams much early, one can't ignore the changes in the syllabus." NTA director general Vineet Joshi said: "We will take it to Joint Admission Board (JAB) which is the authority on these matters."

However, JEE (Main), NEET-UG and JEE (Advanced), scheduled for September 2020, will not be impacted, as they are based on the old syllabus



CBSE class XII results 2020 declared

The wait of over 12 lakh students is finally over. The Central Board of Secondary Education (CBSE), on Monday, declared the results for class XII examinations 2020. As per the CBSE, with 88.78 per cent pass percentage this year for class XII, the pass percentage has increased by 5.38 per cent. Last year, the pass percentage was 83.40 per cent.

KEY HIGHLIGHTS

- The Board decided not to come up with a merit list this year, in view of exceptional circumstances amid the pandemic.
- Girls outperformed boys by 5.96 per cent.
- Trivandrum region records highest pass percentage at 97.67

■ The Board has announced the results on the basis of an alternate assessment scheme, after the pending exams were cancelled in view of spike in Covid-19 cases. As per the four-point scheme, marks have been awarded on basis of marks scored by a student in his or her best performing subjects.

■ However, the results of 400 students could not be computed as per the scheme and will be announced later, a senior Board official said.

ARADHYA CHATURVEDI

93.6%

Stream: Humanities
School: Vishwa Bharati School, Noida

I'm a little dissatisfied, as I was expecting above 95%, but nonetheless I am overwhelmed about the fact that my parents are happy. I had worked really hard in all my subjects. I used to study for 6-8 hours a day. I had to work extra for Economics

PRERNA RATWANI:

97.6%

Stream: Commerce
School: The Lucknow Public Collegiate, Lucknow

I thank my parents and teachers, who helped me with lots of online support, notes sharing and regular breaks of revision.

KHUSHI PATEL

96%

Stream: Science
School: St Kabir School, Ahmed

The result came as a big surprise, as I was not expecting 96%. I scored the highest in Maths, all thanks to my educators, who were always there to solve my doubts.

IN THE RECORD BOOK



India's 2018 Tiger Census sets a new Guinness World Record

India's 2018 tiger census has entered the Guinness Book of World Record for being the largest camera trap wildlife survey, yet. The fourth edition of the tiger census, in 2018-19, was the "most comprehensive" to date, "in terms of both resource and data amassed", Guinness World Record team has said.



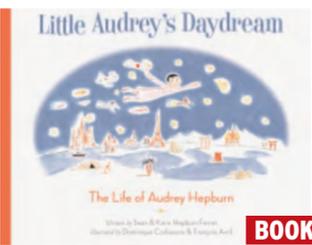
1 Camera traps (outdoor photographic devices fitted with motion sensors that start recording when an animal passes by) were placed in 26,838 locations across 141 different sites and surveyed an effective area of 121,337 square kilometres

2 In total, the camera traps captured 34,858,623 photographs of wildlife (76,651 of which were tigers and 51,777 were leopards; the remainder were other native fauna)

3 From these photographs, 2,461 individual tigers (excluding cubs) were identified, using stripe-pattern-recognition software

The "lion's share" of the tigers were found in the states of Madhya Pradesh, Karnataka and Uttarakhand; together, these three Indian states were home to 1,492 tigers

CHILDREN'S BOOK ON AUDREY HEPBURN



BOOK

Actress-humanitarian-fashion icon Audrey Hepburn's life has inspired a whole generation of fans across the world. Now, a new children's book about Audrey Hepburn's childhood and life titled, 'Little Audrey's Daydream' has been penned by her son Sean Hepburn Ferrer and his wife Karin Hepburn Ferrer.

■ The book is about young Hepburn's childhood days in Holland (present-day The Netherlands) during World War II. After the war, she enrolled in a ballet school and started her acting career through plays and films

■ 'Little Audrey's Daydream' is illustrated by Dominique Corbasson and Francois Avril. The book will be published by Princeton Architectural Press, and is expected to be released on October 6, 2020



NEWS IN BRIEF

CLICK HERE FOR MORE

Champions are built by high performance systems and processes: Abhinav Bindra

India's only individual Olympic gold medalist Abhinav Bindra has stressed on the importance of high performance programmes for producing champions in a "structured and accountable format". "Champions have to be built through systems and processes," said Bindra during the online launch of High Performance leadership programme, organised by ELMS Sports Foundation and Abhinav Bindra Foundation.



CELEB TALK

It requires a detailed and relentless pursuit of greatness. At the end of the day, when every athlete has been trained to the hilt, it is the small things that separate the good from the excellent. We need to innovate to meet the evolution of Indian Sport and take it to a higher level of performance and success. This is possible, if work is done to empower institutions and people involved in influencing the way sport is developing in India
Abhinav Bindra

Working on 'A Suitable Boy' has been an enriching experience: Ishaan Khatter

Actor Ishaan Khatter has said that working on Mira Nair's BBC series, 'A Suitable Boy' has been a great learning experience. 'A Suitable Boy', is an adaptation of Vikram Seth's sweeping tale of four families set in the post-Partition era. The first trailer of the series, also featuring Tabu and Ram Kapoor, was released on Saturday. In the show, Khatter plays Maan, a politician's son, smitten by a courtesan, Saeeda Bai (Tabu).

YOUR CORNER

Do you think filmmakers do justice to novels, when they adapt it for films? Share your views at toinie175@gmail.com/timesnie175@gmail.com

'Today's CO2 levels higher than past 23 mn years'

Researchers have revealed that today's carbon dioxide (CO2) levels are actually higher than they have been for the past 23 million years. The research team utilised the fossilised remains of ancient plant tissues to produce a new record of atmospheric CO2 that spans 23 million years of uninterrupted Earth history. As plants grow, the relative amount of the two stable isotopes of carbon, carbon-12 and carbon-13 changes in response to the amount of CO2 in the atmosphere, they said.

ENVIRONMENT

■ Furthermore, the study revealed no evidence for any fluctuations in CO2 that might be comparable to the dramatic CO2 increase of the present day, which suggests that today's abrupt greenhouse disruption is unique across recent geologic history



In a first, India sends a parcel train to a foreign land

In a first ever cross-border movement for the Indian Railways, a special parcel train was sent to Benapole, Bangladesh, carrying dry chillies from Reddipalem in Guntur district of Andhra Pradesh. The Special Parcel Express train

carried 384 tons of dried chillies in 16 parcel vans. The cost per ton for carrying by special train was ₹4,608 per ton; it was far more economical when compared with road transport, typically amounting to ₹ 7,000 per ton.

The Indian Railways has taken a series of steps to boost parcel train traffic during the Covid period, by making railway parcel vans available for quick mass transportation of essential items, like medical supplies, medical equipment, food, etc, by e-commerce entities and other customers, including state governments. Railways has run over 4,304 time-tabled parcel special trains on select routes, to ensure uninterrupted supply of essential items.

3 FACTS ON INDIAN RAILWAYS

- 1 The Indian Railways has a mascot called Bholu, the guard elephant
- 2 Gorakhpur in Uttar Pradesh is the longest platform in the world, with a length of 1366.33 metres.
- 3 The Indian Railways carry more than 25 million passengers every day, more than the entire population of Australia

READING BETWEEN THE LABELS

Your noodles has lead and milk is contaminated with detergent. While you can't do much about that, you could still detoxify your diet by being informed about food labels...

supriya.sharma2@timesgroup.com

Food is not simple anymore. It exists only in multiples and varieties now. Too many kinds of rice, mind boggling varieties of grains and a deluge of edible oils... today's foodie is surely spoilt for choice. In such a scenario, it is but obvious to shop too much or buy mindlessly. But if a major portion of your diet comes out of a box, bag, or a can, one should be ideally aware of what one's really ingesting. That's where reading food labels figures in. They tell you about the serving size, number of servings in the package, calories per serving and the amount of various nutrients contained in the product. You can compare the labels to de-

termine which foods are lowest in calories, fat, saturated fat, trans-fat, cholesterol, carbs, sodium and sugar and choose wisely.

WHY DO IT?

"These days, many foods are preserved, flavoured and blended, improved texture-wise, thickened and coloured with the Food and Drug Administration's approval. But experts believe that even when labels say no trans-fats, no lead, etc., there may be hidden chemicals. So understanding labels is vital to choosing the right packaged foods," says Charu Bhardwaj, metabolic

balance coach and nutritionist.

All packaged foods come with a nutrition label describing what you're consuming. Understanding each of those ingredients helps you make healthier choices. Checking food labels also makes it easy for you to compare the nutrient content of different options.

DON'T BE MISLED

Make it a point to identify everything on the ingredient list. There are literally thousands of food additives that can cause health-related problems. For instance, when you see 'High Fructose Corn Syrup' on a food label, which is just another way of saying sugar! "It is also frequently contaminated with mercury and is linked to diabetes, obesity and mood disorders," warns Priya Dhammi Sharma, a clinical nutritionist.

Normally an average person has a difficulty in reading and understanding food nutritional labels. It is believed this is because of an "information overload," and a lack of a clear, simple message. "Another problem is the somewhat misleading information by some companies by increasing the number of servings per packet to lower the number of calories that appears," adds Bhardwaj.

GET BASICS RIGHT

CHECK SERVINGS AND CALORIES: One should look at the serving size and how many servings you are actually consuming. If you are consuming two servings of a particular food that means you are taking double the calories mentioned.

TRANS FAT AND SATURATED FAT: Look for foods low in saturated and trans-fat and cholesterol. The best way to be sure that you are taking a truly trans-fat-free food is to check the list of ingredients and avoid "partially hydrogenated fats or oils" as these are the main source of trans-fats.

Books have a table of contents that explains what's inside. Or maybe you have a toy that came with a diagram that identified each small piece. Nutrition labels tell you what's inside the food you're eating

SUGAR CONTENT: Foods labelled with added sugars may provide calories, but may lack essential nutrients. So, foods and beverages low in added sugars should be considered. Also check "total carbs" on the label since carbohydrates turn into sugar during digestion. Look for sugars with nutritional benefits. White sugar is highly processed and has been stripped of other nutrients. Instead of white, look for less-processed sugars such as brown rice sweeteners, which usually has fibre, honey, etc.

SODIUM CONTENT: According to research, eating less than 2,300 milligrams of sodium per day may reduce the risk of high blood pressure. So be mindful of what you are consuming from a packet!



TELL YOUR PARENTS

- 'Enriched/fortified' should be avoided. Look for 'wholegrain'.
- Enriched flour is not a whole-grain product. They are the same as white flour and have been stripped of fibre.
- Artificial sweeteners have a cumulative effect. They can affect the functioning of the nervous system and are linked to lifestyle diseases like diabetes, etc.
- Artificial food colours, nearly all of them, are derived from petroleum and many are contaminated with aluminium.
- Acrylamide is usually not listed on the label. It is formed when starches/carbohydrates are cooked.

Did you learn a thing or two? Add some thing to our 'food label' checklist. Write at timesnie175@gmail.com

FORM A NEW HABIT

To start with, you can make an account on Goodreads, so as to discover good books and to keep track of all that you have read and all that you want to read. Also, don't just read about everything and anything available out there. Don't read trash because there are many useless books out there. It won't help you. Read good stuff and do productive reading.

Start with reading something that interests you and then discover new books that you may want to read.

While reading books:

- If the book that you are reading doesn't interest you, then just leave it and move to another one. There are so many good books out there, don't just hang around with one book.

It's never too late to start reading



- Also, read the kind of books that will have some impact on you, books that will give you a sense of realisation, an epiphany.
- Find your purpose for reading.
- And rather than speed-reading, do an effective reading. Try to understand what you are reading rather than how much you are reading. Quantity doesn't matter really.
- Actively remember what you are reading. Adhere to it while reading non-fiction. Always ask YOURSELF while reading what all I want to remember out of it. We are talking about the key points.
- One additional step you can add to your new reading habit is writing down your takeaways.

ACTIVITY OF THE DAY

History Mystery

Coins



- These coins depict one of the most popular emperors - 'Samudragupta' of ancient India. He is supposed to have performed the Ashwamedha sacrifice (horse) as depicted in his coins. He was an accomplished poet and also played the veena. He is shown as a warrior

king in the coins with 'Garuda' (a mythical bird) as the symbol of his dynasty. His court poet - Harishena composed an eulogy for him - which is known as the Prayaga Prashasti.

Which dynasty did Samudragupta belong to?
ANS: Gupta Dynasty

Content and pics by 'History Diaries'. Co-founded by IIT-Delhi alumni. It is an initiative to make history interesting, engaging and relevant, transforming the way it is being taught in schools

These seals from Indus Valley Civilization depict an ancient script from the subcontinent. Considered to be a mystery, this script is logographic (based on word signs) unlike most scripts which are phonographic (based on speech sounds). This script belongs to the 'Boustrophedon' writing system - alternate lines are written in opposite directions.

Where would you find seals of Harappan Civilization in India?

ANS: National Museum, Delhi



Seals

1. The Razor's Edge

By W. Somerset Maugham

This book is set between the world wars and is an honest telling of how someone gains maturity. The main character, Larry Darrell, is on a search for the absolute - he wants things to be black and white - while his fiancée has to figure out if she wants money or if she wants his love.

2. John Adams

By David McCullough

I think David McCullough is one of our national treasures. I've tried to branch out and read other historians' work, but nothing sticks with me or gets the pages turned as quickly as his books. John Adams is incredibly, meticulously researched; you feel as if McCullough has gone back and felt

Jennifer Garner's Top Picks



RECOMMENDS YOU TO READ



the fabric of their clothes, smelled the paper that they wrote to each other on.

3. The Barefoot Contessa Cookbook

By Ina Garten

I read cookbooks like they're novels. I take them to bed at night. I rediscover one in my collection, and I pour over it.

Quiz time

CURRENT AFFAIRS

Q.1) In governance, _____ is the selection of political officials as a random sample from a larger pool of candidates, a system intended to ensure that all competent and interested parties

have an equal chance of holding public office.
A. Sortition B. Bureaucracy C. Capitalism D. Administration
Q.2) _____ is known as the Nightingale of India.
A. Lata Mangeshkar B.

Mahadevi Verma C. Amrita Pritam D. Sarojini Naidu
Q.3) Who is the defence minister of India?
A. Amit Shah B. Smriti Irani C. Rajnath Singh D. Nirmala Sitharaman
Q.4) _____ was the first Indian to travel in space.
A. Rakesh Sharma B. Ravish Malhotra C. Tejinder Singh

D. Atul Deshpande
Q.5) Albatross and birdie are terms related to which sport?
A. Equestrian B. Volleyball C. Squash D. Golf

ANSWERS

- A) Sortition
- D) Sarojini Naidu
- C) Rajnath Singh
- A) Rakesh Sharma
- D) Golf

Papaya in your hair mask

Papaya is great for health but did you know that it is good for your hair too? No, not just internally but also for topical use. Here's a hydrating hair mask recipe where you can put your overripe papaya to great use. **Try it out:** Whip up 1 banana, 2-3 small pieces of ripe papaya, and 2 teaspoons of



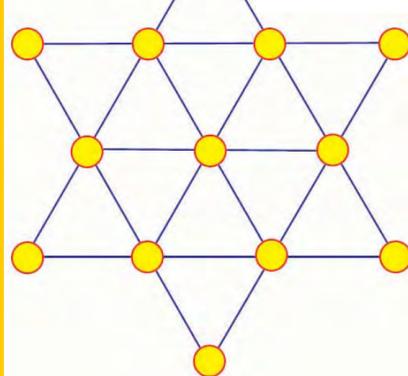
By Pallavi Shankar

LOCKDOWN DIY

almond oil in a bowl. Apply this mask to your hair. Wash after 30 minutes and follow up with your shampoo and conditioner routine. Your hair will get plenty of hydration, softness and bounce.

MATH-E-MAGIC

FOUR STAR



EQUIPMENT:

Two sets of four counters. A playing board.

RULES:

This is a game for two people. Each player has four counters. The aim of the game is to get the four counters in a straight line. The player going first places a counter on one of the circles. Then the second player places one of his/her counters on a circle. This continues until all the counters have been placed.

If neither player has got 4 counters in a straight line, then the first player slides a counter along a line to a circle that is not already covered.

The other player then slides a counter to an adjacent circle. Counters can only move along one line into an empty space. They can not jump over counters. If a player cannot move a counter, she/he misses a go. This is best played at a fast pace and a time limit set for winning. You can print this board (in the picture) out on a card. It is a good idea to cut out and either laminate or 'sticky back' this board to enjoy it to the fullest.

Making Maths Fun: In this series, we will be sharing fun facts, puzzles and games that will help you in practising Maths! **HERE ARE A FEW GAMES TO GET YOU STARTED. A Fun Maths Fact:** Dice can be used in different ways. Whether you're practising multiplication or fractions, try creating your own Math problems with roll of the dice.