



THE TIMES OF INDIA

www.toistudent.com

WHAT'S NEW? LOTS.

1 Special tutorials by educators on our FB: Don't know what to do during this lockdown? Log in to <https://www.facebook.com/TOIStudent/> and let teachers guide you!

2 Have you registered at www.toistudent.com? If not, do so now. There are a lot of interesting activities and articles that we are sharing online. You can be a part of our online specials too. **PS:** Share your lockdown videos and we will feature THEM

3 Look forward to our 'upskilling tips from home': In our upcoming issues, we will tell you how to access the world's best online courses for FREE and make use of those courses to build your CV. **Watch out!**

STUDENT EDITION

TUESDAY, APRIL 14, 2020



WEB EDITION

IN THE NEWS

What's a sanitation tunnel?

WHAT IS IT: A sanitation or a disinfectant tunnel is a passageway - usually 4 metres in length, with varying width, ranging from 2.5 metres to 12 metres and height from 1.8 metres to 5 metres. As people walk through, a fine mist of 1% sodium hypochlorite solution - the same chemical that's used to disinfect swimming pools and for drinking and waste water purification - is sprayed on them. The recommended dilution is 1 part per million.



WHERE: Asia's largest wholesale fruits and vegetables market, Azadpur Mandi, in Delhi, became the latest to install a sanitation tunnel - two to be precise - at its gates to prevent the spread of Covid-19. Several other farmers' markets across India, as also organisations like Indian Railways, have already installed these sanitation tunnels.

IS IT FOOLPROOF

The WHO has said that a sanitation tunnel cannot be a substitute for other preventive measures against Covid-19, such as washing hands, wearing masks and maintaining social distance, but is rather a supplemental measure

HOW DOES IT WORK?

The tunnels, which can cost anywhere between ₹10,000 to ₹25 lakh - depending on their size - come equipped with nozzles that spray the solution as a mist. This is done so as to not wet the clothes, on the person as he/she walks through. A mist spray guarantees uniform distribution of the disinfectant while consuming less amount of the solution unlike a water spray. The solution is filled in a tank and usually lasts several hours - for instance, a 500 litre tank can last for 15 hours before it needs to be topped up. Some come equipped with motion sensors, like the ones installed in China.

Eating right during COVID-19

RUPA GANGULY TALUKDAR

Hydration is key According to one of the directives by WHO, we should keep our bodies hydrated during this pandemic. Hence water, various juices, coconut water, lassi, buttermilk, lemon shikanji should be consumed at regular intervals. This can include seasonal fruit juices such as watermelon, sweet lime, orange, etc. Consumption of citrus fruits will also help in boosting the immunity as they contain a good amount of Vitamin C.

Avoid: Sugary drinks should be avoided because of the high calorie content and use of preservatives.

Protein is needed Growing children need protein: 0.8

gm to 1 gm per kg ideal body weight per day. So your diet can include fish, chicken, soya chunks, tofu, paneer, cottage cheese and milk. All of this should be fully cooked. Half-done foods such as kebabs and sushi should be avoided during this time to keep infections at bay.

Avoid: Processed and packaged foods.

Maintain Routine Apart from eating right, you must maintain a regular routine, which includes eating and sleeping at the right time. Those

who are used to playing some sport should continue playing on the terrace or compound if possible. Others can engage in light exercises for about 25 to 30 minutes under the supervision of an elder in the family.

PROTEIN + PRODUCE MANTRA

- Pair a piece of protein with a piece of produce, which is a healthy combination.
- Think cheese and apple, yoghurt and berries, nuts and dried fruit or even hummus and carrots.

- MEENAKSHI MAJUMDAR, Chief Dietician, GD Hospital and diabetes Institute

HOW TO

LEARN FROM THE BEST

Ivy League Universities

The league includes Yale, Brown, Cornell, Columbia, University of Pennsylvania, Dartmouth, Harvard and Princeton. All these universities now offer free online courses across multiple course platforms, right from computer science, programming, Math, art & design, etc.

Scholastic

Disruption in school routine should never hinder education. Scholastic has launched virtual learning plans. The tool offers learning at home options which are divided into four categories: Pre-K-K, Grades 1-2, Grades 3-5, and Grades 6-9+. The open-access platform covers Social Studies, ELA, Social-Emotional Learning, STEM and Science. Students can have 3 hours of learning access every day.

VISIT HERE: <https://bit.ly/3dxfWop>

Is the era of handshakes over?

Coronavirus is putting an end to the custom of handshakes, it seems. No longer, will management students be told to - master the handshake or articles be written about: 'What your handshake says about you'.

According to research, handshake originated in the 5th century BC in Ancient Greece as a gesture to demonstrate peace. Back then, a handshake was used to show that no weapon was being held by the person you were greeting.

DID YOU KNOW?

- The best place to lose your phone is Tokyo!
- Because in 2018 - 1,30,000 lost mobile phones were recovered by its owners
- The capital of Japan is crowded and the city is very big, so it's not surprising that thousands of personal belongings are lost in it every day. What is surprising is that most of the lost property finds its way back to owners.



What are the alternate ways of greeting?

- Folding of palms - popularly known as 'namaste' in India.
- New Zealanders rub noses and fore-

Do you have a special gesture of greeting in your school? Write to us: timesnie175@gmail.com

- heads in their traditional 'hong'i' greeting.
- Japanese bow to each other.
- Then there are the 'dap greetings' such as high fives and fist bumps that is more global than specific to any culture.



WEEKEND EXERCISE RESPONSE

Last week, we had asked you to identify a few words that you learnt over the weekend and also list their synonyms. Here is what you shared...

1 NOVICE: In-experienced person in a job or situation.
SYNONYMS: Beginner, learner, newcomer, amateur, pupil, apprentice.

2 EXPERTISE: Expert skill or knowledge in a particular field.
SYNONYMS: Proficiency, ability, experience, cleverness, skillfulness, masterliness, ingeniousness, dexterity, aptness, expertness.

3 REPROACH: An expression of disapproval or disappointment.
SYNONYMS: Disgrace, blame, chiding, rebuke, shame, scorn, reprimand, disapproval, admonition, contempt.

4 TREACHEROUS: Involving betrayal.
SYNONYMS: Unreliable, duplicitous, untrustworthy, misleading, untrue, unloyal, traitorous, shifty, recreant, deceitful.

5 SPORADIC: Occurring at irregular intervals or only in a few places (scattered or isolated).
SYNONYMS: Random, occasional, irregular, isolated, seldom, uncommon, scarce.



By R DHARMICK (X Pacific), National Model Senior Secondary School, Peelamedu, Coimbatore

INNOVATION ALERT

Hope amidst a world crisis

So, what are you doing with your free time these days? Teenagers of Kolkata used their lockdown time by engaging in the art of online debating from their respective homes. The initiative was taken by class X students of Calcutta International School. The debate which

saw a good number of participants will also be available on YouTube. The session witnessed some sharp arguments from both sides.
Takeaway: You could log in and listen to this debate and start something on similar lines with your friends. Why don't you discuss a few topics here?



MOTIONS

1 This house believes that censorship is justified. (out on YouTube).

2 This house believes that religion does more harm than good.

APPLICATION USED: Zoom Cloud Meetings.

Doing something with friends that you want us to talk about? Send us a mail at timesnie175@gmail.com

LETTERS OF THE DAY!

SELF-LOVE A SPIRITUAL GROWTH

The very first question that comes to our mind when we hear the word 'self love' is - 'how is it done?' Is it something we can get by having a makeover or wearing a new set of clothes? Can we get it by reading something inspirational or motivational? Or, can a new relationship make us love ourselves more? The answer to all of these questions is a big No. Although, these things make us feel good about ourselves. It doesn't define us. Self-love is simply a state of our mind - a state which makes us feel good without any support. When we feel happy and good on our own accord, we have achieved this kind of love. For me, appreciation for oneself is key to gaining this kind of self love.



For more letters and musings log in to www.toistudent.com and register now!

Roads empty, shops closed, and hospitals constantly on the run. This has been our life for the past few days, due to the lockdown and self-quarantine. Though all of us complain about getting constantly bored, I don't think people realise how much there is to learn from all this. The biggest difference the quarantine has made for me is that it has made me realise how much we take for granted. It sure does sound cliched, but holds a lot of truth.

On the first curfew, we appreciated our pillars of support by applauding them and encouraging them in various ways. - SHREYA JORAPUR, class IX, K L E Society's School, Rajajinagar, Bengaluru



FUN-ZONE

IF YOU COULD BE A WILD ANIMAL, WHAT WOULD YOU BE? WHY DO YOU WANT TO BE THIS ANIMAL? DRAW A PICTURE OF THE ANIMAL AND WRITE DOWN YOUR THOUGHTS.

DO YOU KNOW THE COLLECTIVE NOUNS FOR WILD ANIMALS? A GROUP OF OWLS IS CALLED A "PARLIAMENT", AND A GROUP OF LIONS IS CALLED A "PRIDE". MAKE A LIST OF THE DIFFERENT COLLECTIVE NOUNS FOR ANIMALS THAT YOU CAN FIND. IF YOU HAD TO MAKE UP A COLLECTIVE NOUN FOR YOUR FAMILY, WHAT WOULD IT BE?

LOOK UP FACTS ABOUT EXTINCT ANIMALS FROM DIFFERENT PARTS OF THE WORLD. HOW LONG AGO DID THEY LIVE? DO WE KNOW WHY THEY BECAME EXTINCT? ARE THERE ANIMALS WITH SIMILAR CHARACTERISTICS THAT WE CAN STILL FIND IN THE WORLD TODAY?

CHECK OUT A FEW OF OUR FAVOURITE BOOKS ON WILD ANIMALS

Created by HarperCollins Children's Books India

Butterfly Mobile

Make this beautiful butterfly mobile by cutting each butterfly from heavy paper. Color with crayons or markers. Fold each along the dotted lines. Thread a string through a drinking straw and attach one of the butterflies to each end. Tie the third butterfly to the center as shown.

Hang these mobiles around the classroom to create a festive spring display!

© Teacher's Friend, a Scholastic Company

KNOWLEDGE BANK

PLUTO

It is a dwarf planet in the Kuiper belt, a ring of bodies beyond the orbit of Neptune. Pluto was discovered on February 18, 1930. Its status as a planet was questioned following the discovery of several objects of similar size in the Kuiper belt. Jupiter hasn't made a full orbit of the sun since that time because of its too slow orbit. In fact, it takes Pluto 248.09 years to make one orbit around the sun.

THEY SAID IT

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."
Helen Keller

"Knowing is not enough; we must apply. Willing is not enough; we must do."
Johann Wolfgang von Goethe

SUDOKU

		2			1		
	3		8	2		9	
9			6	1	3		4
	6		3		9		
5							8
	4		5		7		
7			3	2	4		1
	1		7		5		6
		3				4	

FUN WITH RIDDLES

Q: You find me in December, but not in any other month. What am I?
A: The letter D!

Q: I weigh nothing, but you can still see me. If you put me in a bucket, I make the bucket lighter. What am I?
A: A hole!

ANSWERS TO SUDOKU

6	7	4	9	8	1	3	5	2
2	9	3	5	4	7	8	6	4
1	5	8	2	3	2	4	9	7
6	1	7	8	5	9	4	2	3
8	3	2	7	6	1	4	9	5
5	4	6	1	3	2	9	7	8
4	2	5	3	1	6	7	8	9
7	6	2	4	8	5	1	3	9
3	8	1	9	7	5	2	4	6

Quiz time

GENERAL KNOWLEDGE

Q.1) Bijapur is known for its__.
A. Gol Gumbaz B. Gateway
C. Gol Tekaddi D. Gol Golu
C. Amsterdam D. Utrecht

Q.2) BC Roy Award is given in the field of ____.
A. Medicine B. Art
C. Engineering D. Science

Q.3) What did Benjamin Franklin invent?
A. Dollar Bill B. Bifocal spectacles
C. Tyre D. Motor Car

Q.4) Where is the seat of the International Court of Justice (ICJ)?
A. Hague B. Rotterdam

ANSWERS

1. A) Gol Gumbaz 2. D) Medicine 3. B) Bifocal spectacles 4. A) Hague 5. C) 79

INDIA SHINING

TURNING THE PAGES OF HISTORY TO DISCOVER TIMELESS LEGACIES

FORT BASSEIN, MAHARASHTRA

Fort Bassein, also known as the Vasai Fort or Fort Baçaim, is a large fort in the town of Vasai, in the Palghar district of Maharashtra. It is said to have been built by Yadavas of Devagiri in 1184. According to historian José Gerson da Cunha, during this time, Bassein and its surrounding areas appeared to have been ruled by the Chalukya dynasty of Karnataka. Fort Bassein is a monument of national importance and is protected by the Archaeological Survey of India (ASI).

CHECK YOUR APTITUDE

1) $(112 \times 5^4) = ?$
A. 43433 B. 70000 C. 56000 D. 80000

2) It is being given number?
A. $(4^{33} + 1)$
B. $(6 + 11^{44})$
C. $(2^{33} + 1)$
D. $(2^{96} + 1)$

3) In an election between two candidates, one got 55% of the total valid votes, 20% of the votes were invalid. If the total number of votes was 7500, the number of valid votes that the other candidate got, was:
A. 2700
B. 2600
C. 5499
D. 3400

ANSWER:
1. 70000
2. $(1 + 962)$
3. 2700

CURRICULUM EXERCISES

Q1. What is Surface Tension?

Q2. Fill in the blanks:
A. On a rainy day, small oil films on water show brilliant colours. This is due to ____.
B. Point A is at a lower electrical potential than point B. An electron between them on the line joining them will ____.

Q3. Identify the following animal.

ANSWER: (1) The tension of the surface film of a liquid caused by the attraction of the particles in the surface layer by the bulk of the liquid, which tends to minimise surface area. (2) A) Interference B) Move towards B C) Siberian cat

Painters' Gallery

WAR.

Ajinkya Pundlik, class IX, SPM English Medium School, Pune

Sarthak, Class VI, KV Keshavpurm, Delhi

Dhruv Rakesh, class X-D, DAV Public School, Pune

SCARED GAMES

21 din hai, bacha lena apne sheher ko...

CORONA VIRUS

Oh, No..! Corona Virus is here, And be serious for its Severe. It's Spreading like wild fire, And believe me for, I am not a liar. So what are you waiting for? Wear a mask. And it will be your wisest task. And of course wash your hands with your best skill, For, coronavirus, it will kill. Cover your mouth when you sneeze, Or harmful germs, you may release. All these prevention steps are not for fun, Perhaps they will provide the greatest help in the long run. And for God's sake, not only read this, But follow these steps with attention. And there's no need to panic & take tension, But this virus's germs can enter from anywhere, From eyes to shoe wear. Last but not the least, If you panic, then on your immunity, it will feast. Ria Singh, class V, Saint Joseph Chandigarh