



THE TIMES OF INDIA

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TODAY'S EDITION

► Did you know Meghan Markle's gown is the most-searched wedding dress?

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► Find inspiration to decorate your home through few step-by-step DIY projects

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► Spotlight on Ashwin, as visitors look to regain momentum

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STUDENT EDITION

THURSDAY, SEPTEMBER 2, 2021



Quote unquote

Stopping the third wave is in public's hands. A sizeable population is already infected or getting vaccinated and health systems are being upgraded. We need people's support, but I don't expect a wave in September or October.



Supply is one issue but more importantly, we

have to protect parents first. In children as it is, severe disease and fatalities are uncommon. So, we have to ensure that parents are safe first and children automatically become less vulnerable. We have to go with proper priorities. We can't add 44 crore numbers to already existing 90 crore adults. So, within children, we will also prioritise (those with co-morbidities) and by first quarter of 2022, we should have vaccines for all children.

Dr NK Arora, Chief of the National Technical Advisory Group on Immunisation

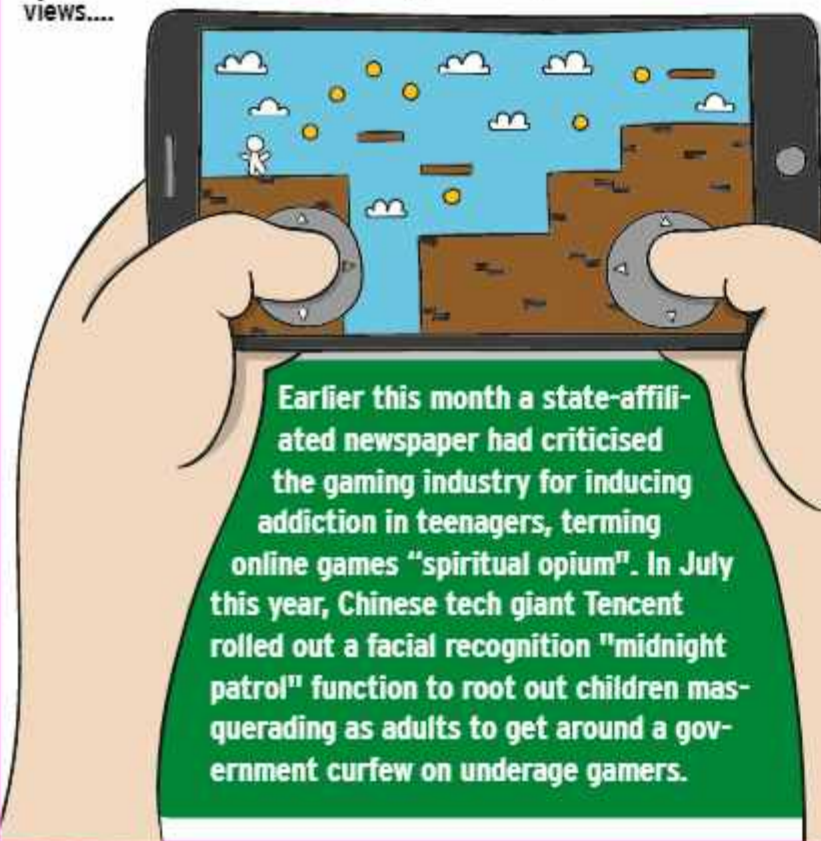


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3 hours/week: China enforces online gaming ban on kids

WIRED CURFEW!

Times NIE brings forth a follow-up of a story carried on July 12, 2021 wherein, China had decided to introduce 'midnight patrolling and restricted game hours' for kids to ensure that they don't fall behind academically during Covid. On Sept 1st, the Chinese govt enforced the harsh measures, including 3 hours a week of gaming time for kids. While parents and students in India felt our govt should not imitate such a move, which affects privacy, we ask experts this time their views....



Earlier this month a state-affiliated newspaper had criticised the gaming industry for inducing addiction in teenagers, terming online games "spiritual opium". In July this year, Chinese tech giant Tencent rolled out a facial recognition "midnight patrol" function to root out children masquerading as adults to get around a government curfew on underage gamers.

TIME FOR INDIA TO FOLLOW SUIT? EXPERTS REACT

India should also put restrictions on online gaming. Habits are changing with changing times, screen times are increasing and the ubiquitous mobile phone is replacing real friendship. The play stations have replaced real physical games. The use of these unbridled screens, which are the source of entertainment, especially among children can unleash the Frankenstein that can stunt future generations.
Smita Ghosh, counsellor

India needs more strict laws, as post corona the screen time has crossed 7-8 hours from 2-3 hours. Games activate the same centres in the brain as addiction to drugs. Self-regulation has collapsed, so it is time the government monitors it just like China.
Dr. Prashant Bhimani, senior psychologist

It's time for stringent rules, as children are at home, and their energies are not getting channelised in the right direction. Gaming leads to increased aggression and changes in human behaviour. Due to online games, children are losing social touch. Moreover, in the long run, gaming also affects their concentration levels in studies and their eyesight. The recent Maharashtra case in which a child spent ₹10 lakhs on PUBG and committed suicide, is a glaring example of the devastating effects of online gaming.
Akshaya Kulkarni, counsellor, Zebar School, Ahmedabad

1 Minors in China can only play games between 8 pm and 9 pm on Fridays, weekends and on public holidays starting Sept 1, according to a notice from the National Press and Publication Administration

2 This limits gaming to three hours a week for most weeks of the year, down from a previous restriction set in 2019 that allowed minors play games for an hour and a half per day and three hours on public holidays

3 Gamers are required to use their ID cards when registering to play online, to ensure minors don't lie about their age



SCHOOLS CAUTIOUSLY REOPEN

AFTER 18 MONTHS, KIDS SEE REAL CLASSROOMS

With trepidation and some excitement too, thousands of students returned to their classrooms to face a new Covid reality of masks and socially-distanced camaraderie as schools in several states reopened on Wednesday. Fifty per cent attendance, no shared tiffin or even stationery, staggered lunch hours and parental consent were some of the dos and don'ts for schools in several parts of the country, including Delhi, Rajasthan, Madhya Pradesh and Tamil Nadu, that opened their doors amid concerns that students had not been vaccinated and neither had all the staff. Schools and colleges in at least six more states are reopening in a gradual manner with health measures in place throughout September.



'Tomatoes For Neela': Padma Lakshmi cooks up a children's book with a message

Neela is a young girl who loves cooking with her mom. Saturday is her favourite day of the week. That's the day they go to the green market. So begins Padma Lakshmi's charming entry into the world of children's book, 'Tomatoes For Neela', which mixes the author's memories of family cooking with practical food advice, a nod to farmworkers.

The book's idea was triggered when Lakshmi's real-life daughter, Krishna, came home several years ago, craving a pomegranate. It was summer and her mother explained that pomegranates grow in the fall. Now, was the season for tomatoes



India's economic activity picking up pace, further upside to growth likely: Moody's

Moody's Investors Service has said that the economic activity in India is picking up with the gradual easing of Covid restrictions and there could be further upside to growth, as economies around the world gradually reopen. Vaccination, the extent of serious infections and mobility restrictions remain the key determinants for recovery cycle, it said.

In its August update to 'Global Macro Outlook 2021-22', Moody's retained India's growth forecast for the 2021 calendar year at 9.6 per cent and 7 per cent for 2022



A new island that may be world's northernmost

A team of Arctic researchers from Denmark say they discovered it off the coast of Greenland by accident.

Till now Oodaaq, another island 700 kilometres south of the North Pole, was known to be the northernmost



DISCOVERED!

1 The new tiny island is 780 metres further north of Oodaaq. It measures about 30 by 60 metres and rises about three to four metres above the sea level. The researchers have proposed naming it 'Qoqortaq Avannarleq', which means "the northernmost island" in Greenlandic

2 The island consists primarily of small mounds of silt and gravel. It may be the result of a major storm which, with the help of the sea, gradually pushed material from the seabed together until an island formed

3 It is expected to disappear in few years. In fact, nobody knows how long it would remain. In principle, it could disappear as soon as a powerful new storm hits

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ONLINE TOI STUDENT EDITION

LET'S SALUTE OUR TEACHERS

Happy Teacher's Day SPECIAL ISSUE

It's time to celebrate that one profession that creates all other professions.

Thank you, teachers!

TERRIFIC TRIVIA

STUDENTS' WISHES

EXPERTS ON EYE HEALTH, HEALTHY POSTURE, EYEGLASSES, FITNESS, NUTRITION AND MORE

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HANDY RESOURCES TO EMPOWER TEACHERS

INSPIRING WORDS

ARTISTIC EXPRESSIONS

YOUR VIDEOS

ACTIVITIES, CRAFT & DIYS

AND MUCH, MUCH MORE

Look out for 'Exclusive Offers' for Teachers on this euphoric occasion in our special edition

The Times NIE Wellness Survey on the state of teachers' well-being

COLLECTOR'S EDITION

September 4, 2021

The celebration starts early on our website from Monday, August 30

REVELATION

AFRICAN RIVERS ARE TURNING BLUE!



Rivers are blue but some rivers in Africa have recently turned into deeper hues of blue. Is this a trick of nature or something else? Let's find out...

Many popular fashion labels have been in the past accused of polluting the environment and though many of them claim to have adapted eco-friendly practices, rivers in Africa are dying because of the constant dumping of fashion waste. According to a report published in the 'Independent', global fast fashion brands are helping drive pollution that has dyed African rivers blue or turned their waters as alkaline as bleach.

A report by Water Witness International's (WWI) featured the polluted rivers in Lesotho in southern Africa and Tanzania to highlight the risks posed by pollution caused by fashion brands, which are working extensively in Africa, thanks to the attractive tax incentives and cheap labour available. Global brands could force better practices, but so far their

presence in Africa has done little to stem rife pollution, water hoarding by contracting factories or even ensure adequate water and sanitation for factory staff, Nick Hepworth, author of the report, said.

clothes from African nations, some of them being Zara, ASOS and H&M, but didn't tie the pollution to any particular company's supply chain. ⁷⁸⁸

HOW CAN BRANDS BE MORE ECO-FRIENDLY?

Brands can and do make environmentally sustainable clothing, and consumer pressure was key to encouraging more, said Katrina Charles, an expert on water security and quality at the University of Oxford who has worked with governments in Africa and Asia. ^(www.theweek.co.uk)

Fashion should be sustainable; it should not turn our precious water bodies into toxic wastelands!

THE BIG NEWS

"The flipside is that (fast fashion) could be a force for change," he cited in the report, but brands and investors needed to take the lead. In Lesotho, researchers found a river visibly polluted with blue dye for denim jeans. Samples taken from Tanzania's Msimbazi river in Dar es Salaam meanwhile tested a pH of 12 – the same as bleach – near a textiles factory, the report said, adding local communities use the Msimbazi for washing, irrigation and more. The report identified as many as 50 popular fashion labels, which are sourcing their

Rajma Chaat Recipe



Food of salads and healthy snacks? Then this Rajma Chaat recipe is perfect for you. It basically becomes a no-cook recipe if you boil rajma beforehand. Just mix some chopped veggies together with boiled rajma, add seasonings and your Rajma Chaat is ready! You can serve this salad along with your meals, or have it for a light dinner, or even have it as a snack whenever you feel like eating something tasty yet healthy. We have added some basic veggies here, however, you can add vegetables as per your taste. You can mix some fat-free mayonnaise in the salad to make it creamier.

- INGREDIENTS:**
- > 1 cup chopped red kidney beans
 - > 1 capsicum (green pepper)
 - > 1/4 cup boiled corn
 - > 1/4 tablespoon powdered black pepper
 - > 1 tablespoon fresh lemon juice
 - > 2 tablespoon chopped coriander leaves
 - > 1 medium onion
 - > 1 carrot
 - > Salt as required
 - > 1/4 tablespoon chaat masala
 - > 1 green chilli

HOW TO MAKE THIS DELICIOUS CHAAT

Step 1: Chop the veggies
Chop all the veggies like onion, capsicum, carrot, green chillies into small pieces and collect them in a bowl. Add salt, black pepper powder, chaat masala and lemon juice. Mix well.

Step 2: Add rajma and corn
Add boiled rajma and corn to the bowl and give a nice toss to mix everything.

Step 3: Ready to be served
Garnish the salad with chopped coriander leaves and serve.



KNOWLEDGE BANK (HISTORY)

BATTLE OF SHANHAI: This battle was the first of the 22 major wars fought between the National Revolutionary Army of the Republic of China and the Imperial Japanese Army of the Empire of Japan at the beginning of the Second Sino-Japanese War. It was one of the largest and bloodiest battles of the entire war. Japanese invasion of Manchuria led to the armed conflict between China and Japan. The battle began on August 13, 1937 and ended in November 1937.

ETIQUETTE GUIDE

Tips for smooth dining experience

From celebrating birthdays and throwing parties to spending time with your family, a single restaurant can build thousands of memories. When it comes to dining, there are certain subtle mistakes that are overlooked on a regular basis. These mistakes may make you look less polished and disorganised. Know the dos and don'ts of dining – especially in the Covid era

Not making a reservation

Most restaurants have a reservation system. The system is kept so that the customer organisation is done in a better and time-efficient manner. If you are planning to dine with your family or friends, it is always better to make a reservation in order to prevent last-minute chaos. Doing so will ensure that everything is planned well in advance (more so because now with restaurants having 50 per cent seating, the waiting time has increased) and as a host, it's important to take steps for avoiding chaos.

Not taking precautions

If you are planning to dine out during these times, then Covid-19 precautions must be taken. Make sure you sanitise your hands properly before touching the food. Wipe the

plates and spoons properly with a tissue to ensure they are clean. Always choose a table which is away from the crowd and avoid going to restaurants with low ceilings and also the overcrowded ones.

Ordering food with 2-3 waiters at the same time

Giving the food order to different waiters can not only lead to confusion but might also lead to duplication of food. You must only give the instructions to the waiter appointed for your table to ensure there is no

miscommunication from your end. This will also help in leaving the tip for only the waiter assigned for your particular table.

Not ordering everything at once

Try to order everything at once and ask the waiter to bring the food as per your choice. This will cut short the waiting time between dishes, which might happen if you give orders only after completing the first dish. You can give the order of the starters, main course, dessert at once and ask the waiter to bring the food in

one after another. This process may take additional five minutes but will ensure hassle free dining.

Signalling that you're done with your meal when you aren't

You must always let everyone finish the meal before signalling the waiter to bring the bill. Once done, you can put both fork and knife in the middle of your plate, as this means that you are done with your meal. ⁷⁸⁸



PUTTING FORK AND KNIFE ON THE TABLE IS MANNER FAUX PAS!

Once you are done with your meal, you must always leave your fork and knife on the plate. If you liked the meal, then the fork and knife should be placed horizontally, with the head of the cutlery towards the right. If you do not like the meal, then you should keep the fork and knife by intertwining the knife in the fork's bristles!

Meghan Markle's wedding gown is the most searched wedding dress!

FASHION



ALL ABOUT MARKLE'S GOWN

For her 2018 wedding, Markle opted for a silk Givenchy wedding gown, which featured an open bateau neckline and cinched waist. The gown was custom-made from double-bonded silk cady and featured an under-skirt designed in triple silk organza by Clare Waight Keller. The beautiful gown also had a five-metre-long white silk veil with floral detailing. Earlier in 2019, Meghan's Givenchy wedding dress was also displayed at Edinburgh's Scottish castle. The dress had been put on display for the first time as a part of a special exhibition titled 'A Royal Wedding: The Duke and Duchess of Sussex'.

Kate Middleton, Duchess of Cambridge, on the other hand, had picked up a long-sleeved lace gown by designer Alexander McQueen gown for her 2011 wedding to Prince Williams. The lovely white gown featured a scalloped neckline and a nine-foot long train. The gown's body consisted of ivory satin and was inspired by the Victorian tradition of corsetry. ⁷⁸⁸

> A poll conducted by Find Me A Gift (UK's leading provider of gifts) has found that Meghan Markle's wedding gown was the most searched for bridal gown of the decade. The average monthly searches of Meghan's wedding gown were 21,900 in the UK alone, whereas Kate Middleton's monthly gown searches were 21,500

> Markle's bridal veil (16-feet long) was embroidered with the national flowers of each of the 53 commonwealth countries