



# THE TIMES OF INDIA

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TODAY'S EDITION

► Did you know apart from adding flavour to your food, most herbs have anti-oxidant qualities to heal your body?  
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► Educators and students talk about various issues engulfing the country and the world  
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► Know why Ronaldo was nervous on his homecoming match for United?  
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**STUDENT EDITION**  
MONDAY, SEPTEMBER 13, 2021

## Need of the hour

■ Experts have called for an unprecedented coordination across the ICT sector. Policy makers are needed to formulate a plan to achieve net zero by 2050, they say

■ Besides, ICT organisations need to have legally-binding net zero targets that also cover their supply chain emissions

## FOR THE RECORD

► ICT not only consists of smartphones and computers, but also TV, mobile network equipment and data centres

► It also includes the more recent trendy digital technologies, such as Blockchain, the Internet of Things (IoT) and artificial intelligence (AI)

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## Spotlight

# EMMA RADUCANU

## NEW US OPEN WOMEN'S CHAMPION IN AN ALL-TEEN AFFAIR



British teenager Emma Raducanu completed the greatest underdog title triumph in tennis history, on Saturday, by becoming the first qualifier to capture a Grand Slam title by defeating Canada's Leylah Fernandez in the US Open women's singles final.

Raducanu, 18, is the first British woman in 44 years to win a Slam crown after beating 73rd-ranked 19-year-old left-hander Fernandez 6-4, 6-3 to take the \$2.5 million (2.1 million euro) top prize

### ON RECORD BOOKS

■ She is the first woman to win the US Open without dropping a set since Serena Williams in 2014. Raducanu is also the youngest Grand Slam champion since Russian Maria Sharapova won the 2004 Wimbledon aged 17

■ Ranked world No 150, Raducanu is the lowest-ranked player to win the US

Open title since an unranked Kim Clijsters of Belgium earned the first major of her comeback in Flushing Meadows in 2009. Raducanu is projected to reach a world ranking of 23 on Monday

■ Virginia Wade is the only other British woman to reach a US Open final in the Open Era, when she won the first of her three Grand Slam singles titles in New York in 1968.

“ I think this final shows that the future of women's tennis – and just the depth of the game right now – is so great. I think every single player in the women's draw definitely has a shot to win any tournament. I hope that the next generation can follow the steps of the greatest legends, like Billie Jean King, and everyone, who is at the top of the game right now  
Emma Raducanu

# Computers, phones and TVs emit more greenhouse gases than aviation industry!



Yes, you read it right. According to a new study, computers, phones and other information and communications technology (ICT) are responsible for more greenhouse emissions than the entire aviation industry.

According to experts, the ICT industry's total greenhouse gas emissions are somewhere between 1.8 and 2.8 per cent. But these estimates are likely to fall short, they warn, due to inconsistencies in how the industry's emissions are calculated. In fact, ICT's true proportion is between 2.1 and 3.9 per cent – greater than the global aviation industry's proportion of 2 per cent – they say



## WHY ICT MAY BE CONTRIBUTING TO GLOBAL WARMING?



**1** The problem with many popular devices is that they contain liquid crystal display (LCD) panels

**2** Every time these devices are made, potent fluorinated greenhouse gases, or F-GHGs, are emitted into the atmosphere

**3** Also, once they are in landfill, discarded electronic devices are sometimes burnt to dispose them, releasing carbon dioxide and toxic chemicals into the air

**4** Activities such as streaming and data transfer have a negative effect on the environment, due to the power required to transfer data – a large proportion of which is generated by greenhouse gas-emitting energy sources like gas and coal

## IIT-Madras best institution in India: NIRF ranking



The Indian Institute of Technology (IIT)-Madras has retained the top spot among the institutes in the country, while the Indian Institute of Science (IISc), Bengaluru was ranked the best among research institutions, according to the ministry of education's NIRF ranking.

### Education

- In the sixth edition of the National Institutional Ranking Framework (NIRF), announced by the Union education minister Dharmendra Pradhan, eight IITs and two national Institutes of Technology (NITs) figured in the top 10 engineering institutions in the country
- The Indian Institute of Management (IIM), Ahmedabad, was ranked as the best B-School, while Jamia Hamdard was declared the top institution for pharmacy studies
- In the colleges category, Miranda House, in Delhi, bagged the first rank, followed by Lady Sri Ram College for Women, Delhi, and Loyola College, Chennai
- As per the NIRF ranking, AIIMS Delhi has bagged the top spot among the medical colleges, followed by PGIMER, Chandigarh, and Christian Medical College, Vellore

## Susanna Clarke wins Women's Prize for Fiction for fantasy novel 'Piranesi'

British writer Susanna Clarke has won the prestigious Women's Prize for Fiction for her mind-tweaking fantasy novel 'Piranesi'

■ Clarke, 61, was awarded the 30,000 pound (\$41,000) prize for her second novel, which was published 16 years after her first, 'Jonathan Strange & Mr. Norrell', became a global best-seller

■ Set in a magical alternate reality, 'Piranesi' is

Other, that comprises his whole universe. As he explores his domain, the character's understanding of his world gradually shifts

■ 'Piranesi' was published in 2020, while the world was experiencing lockdown, isolation and dislocation due to Covid 19

### BOOK

## 'MAD MAX: FURY ROAD' FANS HAVE TO WAIT LONGER FOR PREQUEL

The 'Mad Max: Fury Road' prequel, 'Furiosa', isn't speeding into theatres anytime soon. The film's release date was pushed back a year to May 24, 2024, Warner Bros said. It had originally been set for June 2023. George Miller is returning to write and direct the film, which is being touted as Australia's biggest production ever.

'The Queen's Gambit' star Anya Taylor-Joy is set to play the title role.



### MOVIES

# And the 'spoof' Nobel goes to...

The Ig Nobel Prizes have annually acknowledged offbeat, quirky and weird research that often gets overlooked. These awards first make you laugh and then make you think



**Biology:** Susanne Schötz, for analysing variations in purring, chirping, chattering, trilling, tweedling, murmuring, meowing, moaning, squeaking, hissing, yowling, howling, growling, and other modes of cat-human communication

**ECONOMICS:** Pavlo Blavatsky, for discovering that the obesity of a country's politicians may be a good

indicator of that country's corruption

**PEACE:** Ethan Beseris and colleagues, for testing the hypothesis that humans evolved beards to protect themselves from punches to the face

**TRANSPORTATION:** Robin Radcliffe and colleagues, for determining by experiment whether it is safe to transport an airborne rhinoceros upside down

The 31st First Annual Ig Nobel Prize ceremony was hosted virtually owing to the pandemic, rather than at the usual theatre at Harvard University, with real Nobel laureates handing out 10 Ig Nobels to scientists, economists, doctors and mathematicians from 24 countries across six continents

Herbs offer great aroma and flavour to the food and just a few leaves are sufficient to do the job. Most herbs have a high antioxidant capacity and are used for health benefits as well as their freshness. Check these herbs you can use to up your nutrition level and the taste of your recipes



## 6 herbs to spruce up the flavour of food

### MINT

It is a common kitchen ingredient that is used in different ways. The signature mint chutney is made using mint leaves. Adding some mint leaves to tea adds a refreshing flavour to the drink. Mint leaves can also be chewed raw for good digestion and as a mouth freshener. Mint can calm your anxiety, heal indigestion and also boost immunity.



### OREGANO

It is a proven fact that oregano is a herb with maximum antioxidant content. Most of us consume dried oregano by sprinkling it on pizzas, but the benefits of fresh oregano are unmatched. Fresh oregano can be minced and added to pasta, pizza, soups and salads. Using oregano in cooking is the easiest way to get that herby flavour in your dish.

### PARSLEY

Parsley looks very similar to coriander but on a closer look, it is quite different.

Parsley can be used to make sauces or can be added to soups, salads and cooked veggies. It can also be added to baked foods like potatoes. Parsley is the number one herb that prevents the formation of kidney stones; it is also rich in vitamins A and C that improves eyesight and bone health.



### CORIANDER

One of the most common herbs found and used in India, coriander is the darling of Indian kitchen. It is used extensively for garnishing everything from curries to dals and non-veg delicacies to boost the recipe's aroma and enhance its aesthetic value too. Coriander chutney is also served with snacks. The delicious herb is loaded with vitamin C.

### ROSEMARY

Do you know that rosemary belongs to a group of herbs with the highest amount of antioxidants? In Latin, rosemary means 'dew of the sea'. Rosemary can be added to veggies before roasting them or to marinades of chicken and other meats. Finely chopped rosemary is also added to soups and stews to give them a refreshing aroma. It boosts immunity, aids digestion and even improves blood circulation. Rosemary has a strong lavender-like aroma, which is why it is also used to make fragrances, essential oils, soaps and other wellness products.



### THYME

Thyme is a Mediterranean herb that has been used in Italian, French and Middle Eastern cuisine. It is most commonly used to season meat, soups and sauces. Thyme has gained a lot of popularity because of its amazing medicinal properties. It can help in controlling high blood pressure and even treat acne. Thyme is also used to treat cough, sore throat and stomach infection. This herb is a mix of lemony, spicy yet warming aroma, which is why it is used to make fragrances and oils. TNN

## 5 REASONS TO TAKE a break from your cell phone

There is no denying that smartphones have made our lives convenient. But another reality is that cell phones have also put us at the risk of developing serious health ailments. Here are five valid reasons to take a break from it

### IT DAMAGES YOUR EYES

Human eyes are delicate and the blue screen of the cell phone can easily damage them if not used in moderation. The cell phone screen can lead to photoreceptor damage, headaches, blurred vision and even dry eyes. If you are experiencing any of the symptoms, chances are that your cell phone is responsible for them. Give a break to your eyes, focus on something kept at 20 m distance from you and regularly get an eye-check to minimise the damage.

### CAN LEAD TO CARPAL TUNNEL AND SELFIE WRIST

If you use your smartphone for 5-6 hours a day, you might suffer from these conditions in future. Studies suggest both carpal tunnel and selfie wrist are a growing problem among teenagers. These syndromes can lead to problems like wrist pain, numbness, tingling sensation and pins and needles. If you are experiencing any of the symptoms, meet your doctor and cut down your screen time. Back pain and neck pain are two lifestyle problems associated with excessive cell-phone usage.



### CAN LEAD TO SKIN BREAKOUTS

There are several studies available online that suggest that cell phones are home to varied kinds of germs and bacteria. These pathogens can be transferred to your skin and lead to skin and other health issues. When you hold the phone close to your ears or cheek the germs are transferred to your skin that can lead to blemishes and acne breakouts. Even premature ageing is a sign of excessive cell phone usage. To reduce the risk, clean your phone regularly with alcohol wipes.

### IT CAN DISRUPT YOUR SLEEP PATTERN

For your body to function normally and in a healthy way, you need to get 7-8 hours of sleep regularly. But due to excessive cell phone usage late at night, many people are facing the problem of sleeplessness. Either they doze off while looking at their cell phone screen or they keep tossing and turning way past their bedtime. An irregular sleeping pattern makes you cranky, moody and even leads to overeating. Put your phone away at least an hour before your bedtime for sound sleep. TNN

### DIGI DETOX

### FOODIE'S CORNER

## ALL ABOUT SAUERKRAUT

### WHAT'S SAUERKRAUT?

Sauerkraut or fermented cabbage is a nutritious preparation used to make sandwiches, salads, and instant pickles. It is made with raw cabbage and salt, where live bacteria adds to the health value of this recipe. The probiotic found in sauerkraut is considered good for the human gut and also promotes overall health.

### HOW TO MAKE IT AT HOME

You need 1 green or white cabbage, 1 tablespoon sea salt, 1 teaspoon caraway seeds, and 1 teaspoon peppercorns. Shred the cabbage thinly in a big mixing bowl. Massage the salt into the cabbage and allow it to rest. After some time, massage it again. Now, add caraway seeds and peppercorns. Cover the mixture bowl with cling film and weigh the cabbage down using a couple of heavy plates. Keep the bowl in a dark and cool place for 5-7 days. Your home-made sauerkraut is ready to serve.

### HEALTH BENEFITS

**PROMOTES WEIGHT LOSS:** According to experts, sauerkraut promotes satiety because it is rich in fibre and helps control the practice of overeating, which ultimately helps in weight loss.

**BOOSTS IMMUNE SYSTEM:** It is rich in vitamin C and iron, which together boost the immune system. Multiple studies have proved that vitamin C helps prevent tissue damage and protects the immune cells against reactive oxygen species (ROS).

**GOOD FOR BRAIN HEALTH:** Probiotics found in fermented foods improve cognitive function and enhance mental health. Also, the rich amount of vitamin C and B12 found in sauerkraut helps in fighting depression and other mental health issues.

**IMPROVES DIGESTION:** Fermented food is always good for the digestive system, as it contains live bacteria, which are helpful in smooth functioning of the gut.

TNN



### HEALTH BYTES

## 5 CHANGES TO

## Enhance your family's health

As per the World Health Organisation, "A healthy diet is essential for good health and nutrition". In simple words, we are what we eat. The food that we eat does not just feed our body but also our mind as well. So, it is important that we eat and make our family eat the right food for everyone's good health. Here is a conclusive list of the simple steps you can take to keep your family's health in great shape

### CHOOSE YOUR OILS WISELY

Reduce the intake of refined vegetable oils rich in omega 6 fatty acids and include sources of omega 3 fatty acids in your diet. Omega 6 and omega 3 fatty acids are required in equal quantities from our bodies. But high intake of refined oils disturbs the ratio in which these two fatty acids are required resulting in a negative impact on the body. To strike the balance, reduce the foods rich in omega 6 fatty acids like sunflower, soybean, corn-refined oil. Instead, choose ghee, olive oil and mustard oil for daily cooking.



### REDUCE THE INTAKE OF CARBOHYDRATES

Carbohydrates are a part of almost all foods we eat, excluding fats, oils and butter. Rice, whole wheat, bread, vegetables, fruits – carbohydrates are present in almost everything we eat in varying quantities. If chosen wisely, it brings together the benefits of fibre for the gut. Eliminate the intake of processed simple carbohydrates like bread, noodles, biscuits and pasta. Add complex carbs to your diet like ragi, bajra and wheat flour; also, increase the portion size of pulses and nuts and reduce the intake of cereals to have a balanced diet.

### EGGS, FISH AND DAIRY

Animal foods like milk, cream, egg, cheese, cottage cheese, yoghurt, meat, chicken and fish provide you with a variety of micronutrients that are difficult to obtain in adequate quantities from plant sources alone. Vegetarians are often deficient in vitamin B12, which makes the consumption of dairy products essential.



### CUT BACK ON SUGAR

While we do recognise sweets, chocolates and aerated drinks as sweet, brown sugar, jaggery, honey and high fructose corn syrup are also different forms of sugar, which go unnoticed as they are found in regular foods we have like bread, sauce, etc. These have a high amount of calories that have the same effect on our blood sugar levels as raw sugar. So, eat in moderation.

### SEEDS

Different types of seeds are rich in fats, protein, fibre, calcium, iron, magnesium, zinc, vitamin B-6 among other vitamins and minerals. You can include flaxseeds, chia seeds to get a healthy dose of omega 3. As you lower your intake of carbohydrates, include seeds like flaxseeds, sesame seeds, chia seeds, melon seeds, pumpkin seeds and nuts like peanuts, walnuts, almonds in your diet to make up for the lost nutrients. You can soak chia seeds in water and drink it, sprinkle some on your salad or enjoy it as a roasted snack.

