



THE TIMES OF INDIA

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TODAY'S EDITION

► Know all about the highs and lows of parenting, the challenges and the rewards, as mom-influencers do the talking
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STUDENT EDITION

THURSDAY, SEPTEMBER 16, 2021



WHICH STATE IS FAMOUS FOR SIDDHA MEDICINE IN INDIA?

CLUE 1: Banwarilal Purohit is its current governor

CLUE 2: It also is home to India's longest beach

CLUE 3: India's only land border with Sri Lanka is located here

Answer: TAMIL NADU. The state Assembly has passed a Bill for admissions to undergraduate courses in medicine, dentistry, Indian medicine and homeopathy on the basis of marks obtained by students in class XII board examinations to ensure social justice

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TOP 3 BUZZ OF THE DAY

TECHAWAY

Apple launches iPhone 13, iPad Mini

Apple, on Tuesday, launched the iPad Mini, iPhone 13 series and Apple Watch Series 7 at a live event, where it flaunted the new devices that will provide improved performance, sharper camera set-up and also the new faster chips.

- iPhone 13, which has the new chip called the A15 Bionic, comes in four colours: pink, midnight, starlight and red. The smartphone, which has been launched in three variants, starts from 128 GB, and is priced at \$799
- The iPhone 13 features a 6.1-inch Super Retina XDR display
- The tech company also launched Apple Watch Series 7, which features a re-engineered always-on retina display with significantly more screen space and thinner borders

EDUCATION

JEE-Main result: 44 candidates score 100 percentile

The JEE-Main scorecard is out. This year, a total of 44 candidates have scored 100 percentile in the engineering entrance exam, while 18 have shared the top rank.



■ The first rank holders included Gaurab Das (Karnataka), Vaibhav Vishal (Bihar), Duggineni Venkata Paneesh (Andhra Pradesh), Siddhant Mukherjee, Anshul Verma and Mridul Agarwal (Rajasthan), Ruchir Bansal and Kavya Chopra (Delhi), Amaiya Singhal and Pal Agarwal (Uttar Pradesh), Komma Sharanya and Joysula Venkata Aditya (Telangana), Pasala Veera Siva, Karnam Lokesh and Kanchanapalli Rahul Naidu, (Andhra Pradesh), Pulkit Goyal (Punjab) and Guramrit Singh (Chandigarh)

■ Starting this year, the Joint Entrance Exam (JEE)-Main was conducted four times a year to offer flexibility to students and a chance to improve their scores. The first phase was held in February and the second in March. The third edition was held from July 20-25, while the fourth edition was conducted from August 26 to September 2

■ The examination was conducted in 13 languages

DIPLOMACY

UNGA to welcome BTS as special envoys

K-pop sensation BTS have been granted diplomatic passports ahead of the United Nations General Assembly (UNGA), as they embark on their new roles as presidential special envoys, South Korea's presidential office said.

- The trailblazing septet have reached global superstardom, with their single 'Dynamite' entering the Billboard Hot 100 at number one last year - making them the first South Korean act to top the US chart
- They are credited with generating billions for the South Korean economy. Last year, their label HYBE made a high-profile stock market debut
- Now, Seoul is looking to capitalise on the soft power they represent, with President Moon Jae-in appointing them as his special envoys for future generations and culture



FISH MADE FROM PLANTS, OR IN A LAB

NEXT FOOD FRONTIER: A 'FISH'Y AFFAIR!

Yes, you read it right. Chef Tsang Chiu King, at Ming Court, a Michelin-star restaurant, in Hong Kong, is preparing a subtle-but-significant change to his menu: He's replacing the fish in some dishes with a plant-based alternative. "Its flavour is light and bland and the texture, like grouper (a subfamily of fish), is a bit tougher," Tsang said, referring to the alternative fish varieties that he has been testing. To boost the flavour, he adds ingredients like dates and goji berries. "This may give our customers a new experience or a surprise, and that will help our business," he said.



DEMAND FOR PLANT-BASED PRODUCTS GROWING

1 Plant-based products have been breaking into mainstream food in many countries. In the last decade the world has seen vegan burgers and milk alternatives hovering on the market's periphery

2 That is partly because more companies are targeting omnivores, who seek to reduce the amount of meat they eat, rather than forswear it altogether

3 People who scale back their consumption of animal proteins for environmental reasons often stop eating red meat, which requires enormous amounts of land and water to cultivate and belches a lot of methane as a byproduct

CELL-CULTURED SEAFOOD

■ Europe's largest frozen food group, Nomad Foods, has teamed-up with US company BlueNalu to develop seafood products grown from cells in a laboratory rather than harvested from the oceans

■ In January this year, Hong Kong food tech start-up Avant Meats had developed lab-grown fish fillets. The company produced 10 fillets from a sample of grouper cells that proliferated in a bioreactor

A sophisticated fish alternative will attract investment. People who track the fishless fish sector predict that it could be on the cusp of significant growth. If the technology is widely adopted, input costs and greenhouse gas emissions stemming from meat production could shrink dramatically. A 2011 study from Oxford University found that cell-based meat and seafood could reduce agriculture and aquaculture's land use by 99% and decrease its water use by 96%

A house of cosmic concrete on Mars

Planning to build a house on Mars may now be easy, as scientists have created a concrete-like material made of extra-terrestrial dust, along with the blood, sweat and tears of astronauts! Scientists at the University of Manchester demonstrated that a common protein from blood plasma - human serum albumin - could act as a binder for simulated moon or Mars dust to produce a concrete-like material. The novel material, termed AstroCrete, has compressive strengths as high as 25 MPa (Megapascals), about the same as the 20-32 MPa seen in ordinary concrete.



■ The team calculated that over 500 kg of high-strength AstroCrete could be produced over the course of a two-year mission on the surface of Mars by a crew of six astronauts

■ If used as a mortar for sandbags or heat-fused regolith bricks, each crew member could produce enough AstroCrete to expand the habitat to support an additional crew member, doubling the housing available with each successive mission

Don't misuse social media for sensationalism: Anil Kapoor

From his workout videos to family photographs, and his banter with nephew Arjun Kapoor, actor Anil Kapoor is very active on social media. He has piece of advise for his fans on how to use social media. He says, "Don't be trigger-happy, use social media positively, as it can be a great platform for spreading love and positive messages. Don't try to use it negatively and exploit it for sensationalism."



When you don't have much knowledge about a matter, why do you comment on it? It is better to remain silent and mind your own business

Celeb talk

Jhumpa Lahiri's latest is a book on translation, will hit the shelves next spring

The next book from Jhumpa Lahiri, the Pulitzer Prize-winning fiction writer, will highlight her work as a translator. Lahiri's 'Translating Myself and Others' will come out next spring

Her new book will feature essays on the meaning of translation, translating her own writing, and her dream of translating a classic from ancient Rome, Ovid's 'Metamorphoses'



BOOK

Here's all on the trials and learnings of parenthood – with or without the pandemic – from the horses' mouth...

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There was a time when good old granny knew it all – best parenting hacks, delicious recipes, how to handle a tween's tantrums. Now with most families living a nuclear life, the responsibility of parenting is completely on parents and largely on mothers – because of a mother's natural ability to handle it better and also due to the societal dy-

Moms, keep the 'working mother guilt' away – that you may be going through for missing your kid's drama class for a work meeting, for not putting together the 'picture perfect tiffin'. Believe that you are doing a good job!

namics that holds a mom more accountable for parenting. How can mothers navigate this tricky territory fraught with challenges (regular ones and parenting in pandemic, too)? Two stellar mom influencers – Harpreet Suri (Instagram: momwearsprada)



MOM INFLUENCERS bare their heart on Parenting

and Vaishali Sudan Sharma (blog: thechampatree.in; Insta: thechampatree) share their tips and tricks on staying sane while juggling work responsibilities and managing motherhood.

Harpreet Suri on single tasking versus multitasking: Multitasking was once praised as 'the' time management tip to top all time management tips. However, over time multitasking has started making us lose our temper with our kids. It increases stress by keeping us distracted and makes us miss important cues. I recommend single tasking rather than multitasking to avoid mess ups and unnecessary stress.

HER TIPS FOR BUILDING STRESS FREE ECO SYSTEM

- Avoid starting the day on a frazzled note
- Figure out your family's priorities, and try to calendarise that
- Stay connected with your children even when you're not physically together (through video calls, regular phone calls)
- Work towards building an empathetic environment at work so your colleagues understand your challenges

Things at home will surely go more smoothly if you pay attention to one thing at a time. Put your laptop away after a certain time if you are a working mom, and tell your kids when you are



Vaishali Sudan Sharma with her son Harshal



Harpreet Suri is a happy parent of two kids

HER MANTRA FOR 'NO GUILT' LIVING

There isn't a one-size-fits-all in mommyhood. Just as you do not expect your children to be perfect you cannot expect yourself to be perfect either. The bar on what it means to be a 'great parent' has been gradually moving up, and now it's so ridiculously high that we've set ourselves up to forever fall short in scaling it. Accepting that being good enough is good enough, takes enormous pressure off you to be the 'perfect' parent – the mom that glossy magazines imply we 'should' be. This is the only way mothers can have a chance to enjoy the journey of their motherhood, minus the guilt!

Vaishali Sudan Sharma's tips.

One day, when I looked at how my child was looking sad because he wasn't stepping out to play, not meeting his friends or sharing his tiffin with them, that's when the grief of what the pandemic had done to kids hit me. And I told myself, "There's a lot of balance required." Here's what I did, and it worked for me:

- I took out 10 minutes every 2 hours to check on my kid, hug him and reach out to him.
- I took 2-days leave every month to rejuvenate and spend quality time with my child.
- We also played 'pretend office,' on days that were heavy for me. Right after his online classes, we would take a quick tiffin break

Including your spouse (actively) in the parenting process lets your child get a bit more of each of you

and he would come back to join me in my 'pretend office,' where he read his book or did his colouring activity while I would get on with my work.

Moms, if you feel you are doing the lion's share of parenting and your spouse has it easy, you are not alone. Suri gives tips on how to share the responsibility of raising kids in a more democratic way.

Even if both partners are hands-on parents, moms handle more of the 'mental load' like fixing doctor's appointments, arranging gifts for birthday parties, etc. However, most men should be more than willing to share the load. So, moms learn to trust that your spouse knows how to be a good parent, even if he does things differently. Whether your child is throwing a tantrum or crying, it is important to allow your partner to respond rather than stepping in right away. Let 'them' learn!

Create a 'Spa-tastic' experience at home!

Self care



Don't you wish to escape to a spa to pamper your skin, soak up all the goodness and say goodbye to stress? Fret not! Here's an easy 5-point plan that will help you enjoy spa time in your home

SOOTHING MUSIC

It is rightly said 'music not only relaxes the body but also the soul'. You can put on your favourite song or an ambient sound depending on your preference to calm your mind.

SCENTED CANDLES

Now is the best time to use those scented candles that have been lying in the corner of your house. Lighting the bathroom with candles and incense sticks can help fill the area with soothing scents.

TAKE YOUR TIME

The most important aspect of enjoying this me-time is not having a timer on. Don't rush, treat your mind and body to this soulful experience for as long as you like. Indulging in self-care is the best gift you can give yourself.

BODY WASHES

Investing in a good body wash will not just create an uber premium spa-like experience in the comfort of your home, but also help reduce the stress on your skin. Using various massage tools can help loosen up tight muscles, promote circulation and make you feel great. You could try out shower gels that are enriched with nature's goodness; they moisturise the skin, making it feel soft, nourished, glowing and happy.



ENJOY PARENT-CHILD BOND THROUGH PLAY

Essential for their social, emotional, creative and cognitive well-being, play helps teach children self-regulation, boundary-setting and decision-making



Play & teach



Get on their level

Establish a separate 'special play time' with your kids. This time is special because the parent is engaging with the child in a very different way than other interactions throughout the day.

Playing together is a great bonding as well as emotional exercise for parents and children

Allow the child to lead

Ask your child to direct the play. If asked what to play, try responding with, "You get to decide what we play today." Play that is child-led does not mean children can hurt themselves or

others. Be sure to validate the feeling the child is exhibiting and provide a healthy and happy option for that behaviour.

Be consistent

Children thrive on stability and consistency. Try to implement the 'special play time' each week and enjoy the positivity it will have on your family. AP

HEALTHY RECIPE

Cucumber Pepper Sandwich

This no-cook recipe is super easy for everyone to make, including kids. The sandwich is ideal for small get-togethers, birthday parties and for quick bites on a busy day. You can cut the sandwich in innovative shapes to add that zing and fun to your recipe.

INGREDIENTS

- 1 cucumber
- 4 slices bread - brown
- 1 teaspoon powdered black pepper
- 3 teaspoon butter
- 1 piece green chilli, chopped
- Salt to taste

TIPS

- You can add a slice of cheese in your sandwich
- You can also add some finely-chopped mint or coriander leaves



HOW TO MAKE

- Step 1: Butter the bread slices:** Take the bread slices and butter them on both the sides. Remove the edges before you butter up the bread.
- Step 2: Slice the cucumber:** Finely slice the cucumber and place them on half of the bread slices. Now sprinkle salt and pepper.
- Step 3: Make a sandwich:** Add finely chopped green chillies for those who like their sandwich to be spicy. Cover with another bread slice. Your sandwich is ready to be gobbled.
- Step 4: Slice and serve:** Slice the sandwich into 2 or 4 pieces. Serve with ketchup or chutney.

QUIZ TIME (CURRENT AFFAIRS)

Q.1) Union Minister of Textiles Smriti Irani launched a scheme for Development of Knitting and Knitwear Sector under PowerTex India in _____.

- A. Surat B. New Delhi
C. Madurai D. Lucknow

Q.2) 'Mainamati Maitree Exercise 2019' between BSF and BGB was held in _____.

- A. Haryana
B. Andhra Pradesh
C. Tripura
D. Uttar Pradesh

Q.3) Who has claimed the 100th ATP title in Dubai Tennis Championships?

- A. Roger Federer
B. Rafael Nadal
C. Robin Haase
D. Novak Djokovic

Q.4) Who created the Guinness World Record for 'longest single line bicycle parade (moving)' in Noida (U.P.)?

- A. National Security Guard
B. CISF
C. Indian Coast Guard
D. NDRF

ANSWERS

1. B) New Delhi 2. C) Tripura 3. A) Roger Federer
4. B) CISF