



THE TIMES OF INDIA

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TODAY'S EDITION

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STUDENT EDITION
SATURDAY, SEPTEMBER 25, 2021

SAVE THE DATE
World Smile Day

ON: Friday, October 1, 2021
In 1963, Harvey Ball, a commercial artist from Worcester, Massachusetts created the smiley face. That image went on to become the most recognisable symbol of good will and good cheer on the planet. Concerned about the over-commercialisation of his symbol, and how its original meaning and intent had become lost, he initiated the World Smile Day in 1999 – a day dedicated to smiles and kind acts.
WHAT TO DO: "Do an act of kindness. Help one person smile!"

CLICK HERE: PAGE 1 AND 2

#GOALS

Not LOGGING in

It's hard to imagine anyone not being on social media. But here are 10 celebrities who swim against the tide

DANIEL RADCLIFFE

The Harry Potter star has never been tempted enough to enter the 'Chamber of Social Media'. Radcliffe said during an interview that it would be crazy and unhealthy to read comments about himself online. He said that if he had done so, we might be waking up to read the paper every day and find stories of the actor picking fights with random strangers who criticised him.

RANBIR KAPOOR

Probably the only Indian actor of his generation who refuses to be on social media, Kapoor is in no hurry to follow his girlfriend Alia Bhatt who is super active on Instagram. Despite rumours that he's there secretly, he has never shown any inclination towards also being on social media fumes.

EMMA STONE

The 'Cruella' actor confessed to Jennifer Lawrence in a conversation that he had that it would not be a positive thing for her to have to deal with everything that happens on social media. In this regard, she mentioned that if people can put up with the comings and goings of the digital world, well that's great for them, but she has no intention of taking part in that sort of thing.

KRISTEN STEWART

While she mentioned that she is not entirely against the immediate communication offered by social media, the star said how complicated the interaction is, which can just as well result in something beautiful or in the opposite.

SAOIRSE RONAN

The 'Lady Bird' star thinks that having a presence on social media requires a lot of work and is a very stressful thing to keep up with. She noted that going in and posting phrases about how she feels or what's going on with her is something people think they need, but actually it's none of their business.

EMILY BLUNT

Emily Blunt describes her job as an actress primarily as an activity meant to persuade people that she's someone else. That's exactly why she believes that if she reveals too much about her personal life on social media, her work could suffer from it.

DANIEL CRAIG

Playing Her Majesty's secret agent in the James Bond movies taught Craig the powers

of discretion. In an interview he said he prefers to deal with his status as a celebrity by staying home and keeping his feet on the ground at all times.

CATE BLANCHETT

The Oscar winner has said in the past that social media is a genuinely powerful way of building new communities but she believes that being there is like being in an elementary school playground. It divides people and generates some not-very-positive feelings that later invade your life.

GEORGE CLOONEY

All these years and Clooney is not interested in being on social media. His POV: "People do not need to know what a celebrity thinks all the time." In fact, he thinks that doing that could possibly put the celebrity in question in harm's way. He also believes that posting inappropriate content in these spaces could cost an actor his career and it'd be hard to disagree with him on that point.

SAIF ALI KHAN

While his partner Kareena Kapoor Khan joined Instagram after all these years, Saif Ali Khan has kept his distance.

In a recent interview, the actor confessed: "I don't read (troll comments)... I can google myself and start checking out what I said when and then I read something I don't like and it spoils my mood." He feels that social media is a "dangerous" place, and added that "anonymity" on such platforms allows people to get violent.



WORLD HEART DAY SPECIAL

Healthy at HEART

Sept 29 is World Heart Day and it is not reserved for adults alone. Docs believe it is equally important for kids and teens to build strong and healthy hearts. Here's how...

Supriya.Sharma2@timesgroup.com

Heart health is not an adult domain as many feel. After all, the foundations of healthy heart habits need to start at an early age. The pandemic-induced lockdown has in fact created a crisis of obesity all across and especially with children – and obesity is a primary driver of heart health. A 2020 US-based study found early signs of hardening of the arteries (atherosclerosis) in 7% of children between ages 10 and 15 years, and the rate was twice as high between ages 15 and 20.

According to the American Heart Association, all children older than 2 years should follow a heart-healthy diet, including low-fat dairy products. And those with family history of obesity, abnormal blood fats, or cardiovascular disease have to be particularly careful. Here's what you can do for a healthy heart.

LEARN TO READ NUTRITION LABELS:

Elevated cholesterol is one of many risk factors for heart disease, but sifting through all the information and recommendations can be overwhelming. If a food has a label, check to make sure that any fats are the unsaturated kind.

EAT A HEART-FRIENDLY DIET:

Substitute unsaturated or trans fats for saturated fats. Saturated fats are primarily found in meat and dairy products, as well as tropical oils like coconut and palm oils. Unsaturated fats are found in nuts, avocados, and oils like olive and canola. Processed foods, like crackers and doughnuts, contain hydrogenated oils and are high in trans fats, so limit those. Add more fiber to your plate instead.

GET OUTDOORS:

Being active on a regular basis helps strengthen our hearts. Stronger hearts pump blood more efficiently, which can help lower blood pressure. Outdoor activity is a great way for kids to stay active, and most kids don't get enough outdoor playtime on a regular basis.

MAKE IT YOUR GOAL TO GET OUTSIDE ONCE A DAY, AND DON'T LET COLD WEATHER DETER YOU.

GET PROPER SLEEP:

It is important for 13-18 year olds to get eight to 10 hours of sleep each night. Taking steps like removing all screens from the bedroom (yes, that includes phones) can make it easier for kids to get the rest they need – for now and later.

DON'T TRY TO TAKE ON TOO MUCH:

Limit your activities to the most important ones and give those 100%. Overextending yourself can lead to stress, frustration, or exhaustion.

PAY ATTENTION TO YOUR MOODS AND FEELINGS:

Don't assume your negative thoughts or feelings are just part of being a teenager. If you're worried about something, ask for help.

DON'T EXPOSE YOUR KIDS TO CIGARETTE SMOKE:

Ban smoking in your house and car. Don't take your kids to places where people smoke cigarettes. If you smoke, quitting smoking can help you and your kids.



LDL, or low-density lipoprotein cholesterol, is known as "bad" cholesterol. High levels of LDL increase the risk of heart disease. HDL, or high-density lipoprotein cholesterol, is the good kind and can help protect against heart disease.

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Get a sense of smell with perfume facts

The pandemic-induced lockdown has created a crisis of anxiety with everyone feeling a bit unnerved because of the new normal.

One of the major trends that gained ground during this time was the rise of aromatherapy and use of smells to instill a sense of wellbeing. Here are some interesting facts about perfumes:

BRAIN CONNECT

The olfactory cortex – that deciphers smells – is located in the temporal lobe of the brain, which processes all kinds



of sensory input. It is also part of the limbic system, which is also has the amygdala – linked to our emotional responses and memories. That is why a smell can bring back memories and emotions.

MEANING OF PERFUME

The word perfume comes from the Latin word 'per fumum' which literally translates as 'through smoke'. The Romans and Arabs refined the art of making and wearing perfume 2500

years ago. Emperor Nero would hold lavish feasts with rose and jasmine oil pouring through the fountains and being wafted into the air.

THE FIRST PERFUME

The world's first recorded chemist, who was also a perfume maker, is a woman named Tapputi. She lived in Babylonian Mesopotamia around 1200 BCE. It is said that she developed and recorded methods for scent extraction. The first actual 'factory' dedicated to the production of perfumed oils dates back 4000 years on the island of Cyprus. The Egyptians were the first to make it a part of their culture 3000 years ago.

ATTENTION TO NOTES

Every perfume contains different notes that decide the scent.

These notes are in three different layers called base, top or head, and middle or heart notes.

PICK CONCENTRATION

Fragrances come in four different levels of concentration. **Parfum:** Highest concentration and can last an entire day. **Eau de parfum:** A level lower and can typically last about six hours. **Eau de toilette:** Has to be reapplied during the day. **Eau de Cologne:** The fourth and lowest fragrance concentration which will go away on two hours.

HOW TO APPLY

Perfume is actually activated by body heat this is why you should apply perfume on your skin at the main pulse points. Do not rub your wrists together as this will alter the molecules of the perfume and will result in the fragrance smelling different.

GET IT RIGHT

Are you having your salad right?

We all know a salad is health and wellbeing tossed in a bowl. But how to get that right balance, proportion, colour and flavour out of your crunchy meal is a question that still daunts most of us. Here are some basics...

1 Think outside the bowl! Give up on predictable staples like chickpeas and sprouts and spruce up your salad with new entrants every week. Go for fresh herbs, beet slices, avocado, goat cheese or power-packed pumpkin seeds. This will not only keep you interested in the salad regime but also pack in different nutrients and flavours.

2 Darker the better. Not all salad greens are equally healthy. Iceberg lettuce is crunchy and attractive but not very high on the nutrition. Go for darker leaves instead, like baby spinach, rocket leaves, red and green leaf and Romaine lettuce or kale as they pack in more vitamins and minerals. These wonders

may help protect you from heart disease, diabetes, and even cancer.

3 Don't fall for crunch. Adding those crispy noodles or croutons to your Thai or Asian salad might up the yummy quotient but it doesn't favour your waistline. Croutons are made from processed white bread, which equates to empty carbohydrates and high calories. Walnuts or water chestnuts are a much healthier way to get the crunch you want.

4 Eat salad for dessert. There's an ongoing debate about when to have your salad...before or after the meal? Well, they have it after aperitifs and main course in Italy and France. Not bad, say health experts since salad improves digestion after a long and heavy meal. If your after-dinner snack is high in fat, it can lead to indigestion. Salad is lighter and less likely to affect the quality of your sleep.

5 Don't pile on mindlessly. Keeping the ratio right in a salad is a key thing. Try to take up about three-fourths of your plate with greens, so you'll have less room for high-calorie stuff.

6 Munch before a run: Salad in the morning helps your body rehydrate and provides enough antioxidants and slow burning carbohydrates perfect for a run.

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TRIVIA TIME

To Daughters, With Love

September 26 is Daughters Day, a day to celebrate the girl child

Every year Daughters day is celebrated all across the globe to celebrate and appreciate daughters. While different parts of the world celebrate it on different dates, in India it is on the 4th Sunday of September. In some countries it is celebrated on October 1, and World Daughters Day is September 28. In addition, there is a National Sons and Daughters Day celebrated August 11. This year Daughters Day falls on September 26.

WHEN DID IT START?
It was around the early 2000s in India

SIMILAR DAYS

- International Day of the Girl Child: October 11
- Sisters Day: First Sunday in August
- Siblings Day: April 10
- Princess Day: November 18
- National Sons and Daughters Day: August 11

WHAT IS IT?
National Daughters Day or just Daughters Day is a day to celebrate the gift of daughters. This is a day to cherish our daughters. It is celebrated to make your daughter feel special and wanted. It's a day to show them affection by sending wishes, gifts, flowers.

HOW TO CELEBRATE

Take your daughter out to dinner, to the park or play a board game – just spend quality time with them. Share words of encouragement and wisdom. Put your pics up on social media with the hashtag #NationalDaughtersDay. Make your daughter feel special on this day and tell them how they enrich the life of the family.

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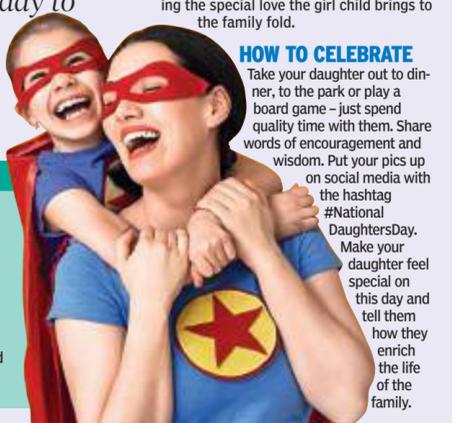
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WHAT'S NEW



TEAMWORK AND COMMUNICATION SKILLS

The freedom of outdoor learning offers children the chance to form their first meaningful friendships, sharing experiences and playing together.

foster a child's holistic development. Students build interpersonal skills like teamwork, communication, cooperation, and problem-solving. They also build spatial and motor development. Unlike traditional indoor school, forest schools do not have tests and assignments, but students are praised for skill sharing.

CHILD-LED LEARNING

Letting students explore for themselves what things they find attractive or seem interesting to them. Students can make a long list of activities such as observe flowers, play in bare soil, follow some insects, dig in the garden, climb trees, and many more.

BETTER HEALTH

Such schools would solve other problems such as childhood obesity, reduce the time children spend daily in front of a screen, and let them develop skills they would not find in a physical or virtual classroom.

FOREST SCHOOLS are here to stay

The pandemic has revived the Scandinavian trend of outdoor classrooms and it is good news for the planet too!

Supriya.Sharma2@timesgroup.com

Ask your parents and they will tell you how as kids they remember attending art classes outdoors in the school lawns when the weather permitted. No one would deny how the atmosphere of the classroom instantly changed after settling down in the open environs. This is the main focus of the phenomenon known as forest schools with outdoor classrooms, compost toilets and hand-crafted yurts! Bespoke forest schools — or outdoor learning hubs — are just one of the new trends to emerge from the pandemic in many countries. Thanks to this new wave, contagions have been controlled without postponing classes. Instead, they have taken place in outdoor environments such as parks, courtyards, or even pedestrian streets.

WHERE DID IT ALL START?

Forest kindergartens have been around for decades. Forest Schools originated in Scandinavian countries such as Denmark, Finland and Norway in the 1950s, and were inspired by Scandinavian values of open-air living and open-air education. The first outdoor learning school was introduced in the UK in 1993 by a group of nurses from Bridgewater College in Somerset. There is evidence that forest kindergartens boost brain development and academic performance, as well as reduce symptoms of ADHD.

RAISING ECO WARRIORS

While parents may be interested in outdoor schools as a way to limit exposure to COVID-19, many parents say the benefits go beyond the pandemic. Forest schools lead students down a trail of self-exploration and environmental exploration. Forest schools eradicate classroom walls, they take learners into real-world settings and supply them with enthusiasm and respect for nature. This is of the utmost importance when educating students in a time of climate change threats, plastic pollution and a need for sustainable practices.

HANDS-ON EXPERIENTIAL LEARNING

Forest schools are based on hands-on learning to



BY INVITATION SRINI & SUBHASHREE

PICS: ISTOCK

How to achieve ZERO-WASTE LIVING

Authors Srini and Shubhashree who wrote '(Im)perfectly Zero Waste: A No-Nonsense Guide to Living Sustainably in India' and 'The Everyday Eco-Warrior: 110 Easy Tips for a Zero-Waste Life' explain the basics of how to start your zero-waste journey

WHAT IS SUSTAINABLE LIVING AND HOW DO I START?

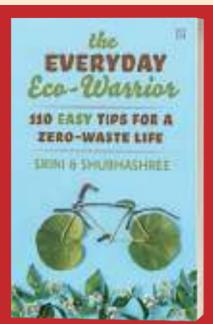
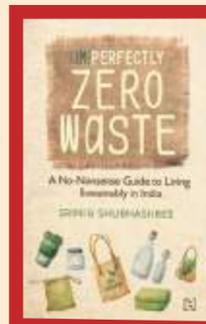
Sustainable living refers to living in such a way that we only consume resources that are renewable or can be regenerated, as much as possible. When we talk about a system, it is something that can continue indefinitely, in a way that it does not destroy or cause harm to other life or resources on our planet.

HOW DO WE APPLY THIS TO OUR LIVES?

Let us take a look at our day and see patterns of consuming and discarding. For instance, we wake up in the morning and brush our teeth — what happens to the toothpaste tube and toothbrush once their life is over? We toss them out, and most likely, they end up in a garbage dump or water body somewhere. Our cities and towns are choking with garbage already. Instead, what if the toothpaste tube could be refilled, and the toothbrush bristles could be replaced once they wear out? THAT is what we call sustainable living! We have a delicious meal, but what happens to the waste (peels and scraps) we generate from preparing the meal? If they are turned into compost instead of being thrown out, with plastic and other packaging, they are being reused to nourish the soil instead of rotting under a landfill.

WHERE TO START?

We hear you! This idea of living sustainably can get overwhelming if we don't know where to start. The simplest would be to start by separating our waste into different categories — wet waste (from the kitchen), paper waste, plastic waste (for simplicity we will not include Hazardous and Sanitary waste here). Once you start segregating and setting aside the dry waste, you get a sense of how much waste you generate in a month. You will also get an idea about what is the most common type of dry waste that you generate. For example, it could be milk packets, online order packaging waste or food delivery packaging waste. Once you are aware of this, instead of managing the waste, it's a good idea to reduce the waste



NICE! TELL ME MORE

The trick is to start with simple steps (look for ideas below), so that with every little win, you feel a little encouraged, and are motivated enough to continue. When you step out of the house, make a habit of carrying your own water bottle, handkerchief and maybe a couple of spoons in your bag, so that you don't have to rely on disposables. Or when you're out and ordering a drink, ask for it without the straw and the tissue. Simple things, but they can add up (just the way these little bits of waste add up to giant landfills.) The Everyday Eco-Warrior is a book filled with 110 simple, actionable steps. The best time to get started is now!

India generates the most waste globally, and that's expected to increase substantially by 2050. In fact, research says that by 2048 India may well be the largest waste contributor in the world. To do something about our waste problem is imperative, but the starting point is debatable. The quest to achieving a zero-waste lifestyle (and in this zero is the perfect number) includes many practices including waste segregation, recycling, plogging, community drives and more. So what's the first step?

QUIZ TIME

Test your EQ (Environment Quotient)

- Who coined the word 'ecology'?
- What are saprophytes?
- Who are ethologists?
- What are terricolous animals?
- What are arboreal animals?
- Who is known as the father of evolution?
- What is the safe level of noise intensity for humans?
- Which country is popularly known as 'land of the windmills'?
- What is the instrument used to detect earthquakes?
- What do pandas eat primarily?
- Name the species of penguins that featured in the film 'Happy Feet'. **Hint:**

- They live in Antarctica.
- When is World Wetlands Day observed?
- Name the largest freshwater lake in Northeast India.
- Which area in Indonesia has been designated as the area with the greatest concentration of marine biodiversity on planet Earth.
- American author Herman Melville's novella 'Enchanted Isles' consists of ten philosophical 'Sketches' on a group of islands. Which island was his inspiration?
- What is Sick Building Syndrome or SBS?
- In which year was the Environment (Protection) Act was enacted in India?
- When is Earth Day celebrated?
- Which book is credited with helping the world to become more environmentally aware?



- Which Indian state is on its way to building India's largest man-made forest?

ANSWERS: 1. Ernst Haeckel; 2. Living beings that feed on dead or decayed organic matter; 3. Scientists who study the behaviour of wild animals; 4. Animals that live in the soil; 5. Animals living in trees; 6. Charles Darwin; 7. Up to 80 decibels; 8. The Netherlands; 9. Seismograph; 10. Bamboo; 11. Emperor Penguin; 12. February 2; 13. Loktak Lake; 14. Raja Ampat, Indonesia; 15. Galapagos Islands; 16. A condition in which the occupants of a building experience acute health or comfort-related effects that seem to be linked directly to the time spent in the building; 17. 1986; 18. April 22; 19. Silent Spring by Rachel Carson; 20. Chhattisgarh

GOOD TO KNOW



What is seed BOMBING

And why are we talking about it now?

WHAT IS IT?

According to www.mygov.com seed bombing is the technique of planting trees by embedding organic seed balls in the ground. Also known as aerial reforestation this style of reforestation can be used to introduce vegetation in any land by throwing or dropping seed balls in the ground.

WHERE IS IT TESTED?

The blog adds that the best time to execute this process is the rainy season and that seeds planted through

Uttarakhand villagers have been 'seed bombing' their forests since 2017 to protect crops from attack by wild animals which had caused many human casualties and injured cattle

TRY IT

- Wash and dry seeds but still maintain the moisture, which is essential for germination
- Make a paste of soil and cow dung in a 3:1 ratio
- Slowly add water and roll the mixture into little balls
- Collect seeds of various medicinal plants and fruits
- Press seeds into the mixture balls and roll again
- Let the balls dry in the sun
- Once dry, they are ready for 'bombing'

this procedure have a success rate of 50%. In an IANS report, Kamlesh Gururani, project head of the Reliance Foundation said that they have been seed bombing forests of Uttarakashi for three years now and which appears to have grown. The campaign, which started in 2017, has now spread to the entire state, including Dehradun, Tehri and Nainital.

WHAT IT ACHIEVES?

One of the biggest advantages of seed bombing is that it ensures that food for wild animals is available in the forest itself, thus negating the need for them to attack the farms. [IANS, mygov.in](http://IANS.mygov.in)



BIG LITTLE IDEAS

START SMALL

The more waste you throw out, the more it impacts our planet: the greenhouse gases emitted from the waste adds to global warming, plastic finds a way to our oceans and reusable items end up in landfills. Let's talk about a few low impact changes that you may start with

Nitya.Shukla@timesgroup.com

- Your plastic toothbrush adds to the world's plastic woes. According to a 2019 'National Geographic' report, every toothbrush that's been produced since the 1930s still exists on the planet. Once discarded they end up in trash, and have been found in the stom-

achs of unsuspecting birds or sea creatures who mistake it for food. To avoid being part of the problem, switch to a bamboo toothbrush from a plastic one. The handle can have a second life as a plant stick or be used in arts and crafts.

- Did you know that 80 billion plastic shampoo and conditioner bottles are ditched every year worldwide? Switching to shampoo or soap cubes will

help you curb the number of plastic bottles you end up discarding. Plus, you could always cut off a little piece of your shampoo bar rather than bring the entire thing on your trips.

- Is there a zero-waste store nearby? Why not bring your containers when you go shopping? You can stock on essentials by visiting zero-waste shops. As far as possible, ditch plastic packaging and look out for products in paper, cardboard or glass, which are more recyclable than plastic.

Teabags are made from natural plant fibres, but many are held together by a plastic sealant to avoid breaking when boiling water is poured. If possible, convince your family to buy loose leaf instead or biodegradable packaging.

- Follows the 5 Rs: **5 Refuse** things you don't need (especially freebies and single-use items). **Reduce** the number of things you buy. **Reuse** repurpose and repair items

On average 21-34 billion plastic beverage bottles end up in the ocean every year

rather than throwing them out. Recycle what you can. Rot Compost whatever is biodegradable.



5,000,000,000 plastic bags are used every year. They last up to 500 years

SHARE WITH US Are you taking an environmental challenge? It can be trying to go plastic free, reducing packaging waste or increasingly reusables. Are you planning to reduce your plastic consumption? Have you identified an area of your life where you actively go green? Planning to start an eco drive in your neighbourhood? Share your inspiring stories or your own green ways with us at timesnie175@gmail.com. Be the inspiration.