



# THE TIMES OF INDIA

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**TODAY'S EDITION**

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➤ Diwali is just a few days away. Let's add some sparkle and cheer to our homes with DIY paper lamps...  
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➤ T20 WC: Australia's batsmen face wily Lanka spinners in a tricky clash  
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**STUDENT EDITION**

THURSDAY, OCTOBER 28, 2021



**Quote unquote**



Films are among our foremost cultural exports and serve as a key link in connecting the global Indian community to the rhythms of life back home. Experience tells us that a film with a message has a lasting appeal. Apart from entertainment, cinema also has the power to provide enlightenment. The cinema industry should portray a snapshot of 'Indianness' or 'Bharatheeyatha' to the outside world and need to be effective ambassadors in the world of cultural diplomacy. It should not do anything that weakens the great culture, traditions, values and ethos of our grand civilisation. Films should refrain from highlighting the violence and should voice society's disapproval of social evils. Filmmakers and artistes should use it for the betterment of the people, society and nation.  
M Venkaiah Naidu, vice president, at the Dadasaheb Phalke and national film award ceremony

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**NEWS IN CLUES**

**Which cricketer holds the record for facing the most number of deliveries in Tests?**

**CLUE 1:** He's the only player to have debuted and retired in the same match—in a T20 international in 2011 at Old Trafford, Manchester.

**CLUE 2:** He was born in 1973 in Indore, Madhya Pradesh to a Maharashtrian family.

**CLUE 3:** A former India captain, he also played for the Scotland national team in 2003.

Answer: **RAHUL DRAVID.** The celebrated former captain is all but certain to be the **Indian cricket team's next head coach** after he formally applied for the high-profile position on Tuesday. With Dravid, the current head of National Cricket Academy applying, the job for the Cricket Advisory Committee becomes easier, as there aren't any big names in the fray who can match the batting great's stature

## Work from space? Bezos to build a private space station by 2030



Amazon founder Jeff Bezos' space firm Blue Origin has announced plans to build a commercial space station called **Orbital Reef** by second half of this decade. For

the project, Blue Origin has partnered with spaceflight company Sierra Space, a subsidiary of the Sierra Nevada Corporation; Boeing, Redwire Space, Genesis Engineering Solutions, and Arizona State University, the company said in

statement. "The station will open the next chapter of human space exploration and development by facilitating the growth of a vibrant ecosystem and business model for the future," the statement said.

Orbital Reef will be operated as a "mixed-use business park" in space. The orbital outpost will offer a place for researchers, industrial and commercial customers, and international partners to visit and work

It will have shared infrastructure, featuring a human-centered space architecture with world-class services and amenities

As the premier commercial destination in low Earth orbit, the Orbital Reef will provide the essential infrastructure needed to scale economic activity and open new markets in space

Reusable space transportation and

smart design, accompanied by advanced automation and logistics, will minimise the cost and complexity for both traditional space operators and new arrivals, allowing the widest range of users to pursue their goals

The open system architecture allows any customer or nation to link up and scale to support demand. Module berths, vehicle ports, utilities, and amenities all increase as the market grows, the company said

Moreover, the orbital outpost may also eventually take the baton from the soon to retire International Space Station (ISS).

Besides seasoned space agencies, Orbital Reef also has a place for "nations without space programmes, media and travel companies, funded entrepreneurs and sponsored inventors, and future-minded investors"

## No nod for Covaxin yet; WHO seeks 'additional clarifications'

The World Health Organisation's technical advisory group on Tuesday sought "additional clarifications" from Bharat Biotech for its Covid-19 vaccine Covaxin to conduct a final risk-benefit assessment for Emergency Use Listing of the vaccine. Hyderabad-based Bharat Biotech, which has developed Covaxin, had submitted EOI (Expression of Interest) to the WHO on April 19 for the vaccine's Emergency Use Listing (EUL).

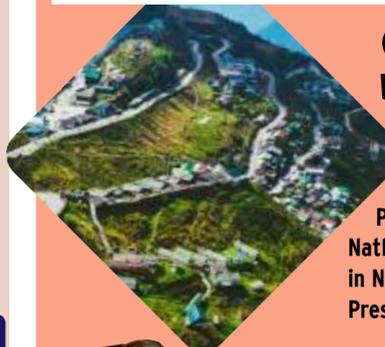


Covaxin has demonstrated 77.8 per cent effectiveness against symptomatic Covid-19 and 65.2 per cent protection against the new Delta variant. In June, the company said, it concluded the final analysis of Covaxin efficacy from Phase 3 trials



**Bharat Biotech's Covaxin and AstraZeneca and Oxford University's Covishield are the two widely-used vaccines in India. The WHO has so far approved Covid-19 vaccines of Pfizer-BioNTech, AstraZeneca-SK Bio/Serum Institute of India, Johnson & Johnson-Janssen, Moderna, and Sinopharm for emergency use**

## INDIA'S 'MOST FILM-FRIENDLY STATE' IS... SIKKIM



Sikkim was awarded the 'Most Film-Friendly State' of the country at the 67th National Film Awards recently. The award was received by the state's Information and Public Relations minister Lok Nath Sharma at the Vigyan Bhavan in New Delhi on Monday from Vice President M Venkaiah Naidu.

Sikkim was recognised for standing out as a new destination for shooting films in the country, Gangtok officials said. The recognition comes as a moment of pride for the state and shall greatly facilitate, setting the foundation for Sikkim to become a premier film destination, while also providing opportunities for the local filmmakers and artistes, they added



## Camera and empowerment: Emma's lockdown takeaway

Coronavirus lockdown acted as a blessing in disguise for many people, as they got ample time to learn new things. Actor Emma Watson also made her lockdown days productive by learning how things play out behind the lens. Watson took to Instagram to share her experience of "getting behind the camera." "Getting behind the camera and learning how it works is about the most empowering thing I've learned in lockdown. As a young woman, I always thought the most glamorous and exciting thing would be to be someone's "muse"; and of course as women we are inspiring... but wow it's something else to be able to tell your own story and others," she wrote. The 'Harry Potter' star also posted a string of images of her holding a professional camera in her hands.

**Celeb talk**

## Now, selling counterfeit cookers, helmets, or gas cylinders offence

The Centre has announced the launch of a nationwide campaign to prevent sale of spurious and counterfeit goods that violate Quality Control Orders, as its violation is a cognisable offence under relevant sections of the BIS Act.



**VIEWPOINT**

Selling of such sub-standard helmets, pressure cookers, and cooking gas cylinders can be dangerous, hazardous and risk causing harm to the consumers. Hence, the Central Consumer Protection Authority (CCPA) under the department of consumer affairs, ministry of consumer affairs, food and public distribution announced that violation of compulsory standards has been categorised as a cognisable offence u/s 29 (4) of the BIS Act.

Under Section 2(47) of the Act, unfair trade practices include promoting the sale, use or supply of any goods, which adopts any unfair method or unfair or deceptive practice by falsely representing that the goods are of a particular standard, quality, quantity, grade, composition, style, or model.

SHARE YOUR VIEWS AT [TOINIE175@GMAIL.COM](mailto:TOINIE175@GMAIL.COM)

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**LET YOUR HEART PROSPER WITH AN ECO-FRIENDLY DIWALI**

This Diwali, let's make a pledge to shine a bit brighter. Generation Change has changed the way we celebrate Diwali by being responsible citizens and keeping the eco-warrior spirit alive. As we emerge out of the enormous shadow of the pandemic, let's take a vow to let our minds prosper, think hard about wellness of this Earth we live in, and spread happiness and cheer all around us...

RESTYLING OLD CLOTHES

ECO-FRIENDLY DIVS

GIFTING HEALTH

FIRELESS RECIPES

SKINCARE TOI

ANTI-POLLUTION TIPS

DAY-AFTER CLEAN-UP

DIWALI FOLKLORES

MYTHO-QUIZ

...AND MUCH MORE

**COLLECTOR'S EDITION**  
The celebration of the Festival of Lights starts early on our website from **October 25, 2021**

LOOK OUT FOR 'EXCLUSIVE OFFERS' ON THIS FESTIVE OCCASION

# "My daughter's friend is mean to her"

## INTERFERENCE IS NOT THE RIGHT APPROACH

**Y**ou are right; interfering directly between the friends doesn't seem like a great idea but since this behaviour disturbs your

daughter as well, it's important to have a conversation about it with your daughter and see if she would like your support in coping with this in a better way. Ignoring

the situation and not bringing it up can psychologically impact your daughter in the long run. Friendships are meant to help us grow, not cause angst and sadness.



## WHAT YOU COULD DO

**1** It is very common for children who are close to each other to experience conflicts. What matters is how they handle these situations and work it out with each other. Firstly, have a heart-to-heart talk with your daughter to know how she truly feels about all this and if she is willing to talk about it to her friend in order to make this relationship better instead of toxic or hurtful. It's difficult when a child tells you that a friend is saying hurtful things about them.

**2** However, if it happens on a regular basis, it's important to take the issue seriously and make sure your daughter knows what to do or say if her friend continues with the same behaviour. Assess your daughter's points of view, feelings, expectations and methods deployed to make the friendship healthier.

**3** Offer suggestions if she is receptive, else connect her to a counsellor or a therapist who can help her map her emotions as well as the emotional dependency, in a better and healthier way.

**4** Let her make this decision. Let her answer these questions: Has she tried communicating her feelings to her friend? Has she expressed to her friend that making other friends doesn't mean that she won't value her? Has she tried to put her friend's insecurity to rest through a compassionate approach? Has the friend been hurt by something she did, perhaps unintentionally? Would she like to end the friendship? What are the ways in which this friendship can be made better?

**5** Ask your daughter to have an authentic chat with her friend, particularly, about her behaviour without bringing up any baggage or judgement of her own – perhaps, use an empathetic approach so that she opens up more instead of getting defensive. Perhaps, the past experiences of her friend have caused her to be insecure in her friendship and while she may have a good intent, her approach has gone awry.

**6** As a parent, don't take sides but do let your daughter know that it's important to address the issue. Make sure that your daughter knows that you are always on her side; encourage her not to blame herself or feel responsible for what happened and that there are ways to create healthy boundaries in relationships.

**7** In case, your daughter is determined to make this friendship work, ask her to honour herself as well as her friend in the process. She should inform her friend, politely, that she is crossing the line, whenever the friend is mean, toxic or nasty. A simple, "Do you realise that what you are doing is very hurtful?", goes a long way in making things better. Getting reactive not only makes the situation worse, but also disturbs one's peace of mind.



**A**s a parent, be patient and understanding and let the children work it out themselves. Let them learn from their mistakes and guide them when needed. Keep your cool at all times but do not hesitate to step in when necessary, such as if one of them is getting hurt emotionally by the other friend's words or actions.

Allow your daughter to take ownership for her decision and facilitate whatever is needed in the process. Use this as an opportunity to enable your daughter to master emotions, relations, communication and most importantly instill self love and self worth. Tolerating mean behaviour to save a friendship is never wise; enabling



others and finding healthier ways to thrive in a friendship is what is truly needed.

If your daughter tries it all and is still unable to leave a positive impact on the friend (who refuses to change her mean behaviour), then perhaps herself from her for a while.

## TIPS FOR YOU

Dr CHANDNI TUGNAIT, MD,  
 (Alternative Medicine)  
 and a psychotherapist

If you have a query to share, write to us at [toine175@gmail.com](mailto:toine175@gmail.com)

## PARENT'S QUERY

**M**y daughter has a friend (now peer) who continues to try to pull her down. She will talk ill about her to others, say mean and hurtful things to her and is generally very insecure if she sees her bonding with anyone else. Her behaviour affects my daughter deeply. What's the right way to intervene in this situation or should I even interfere?

## RESPONSE BY DR CHANDNI TUGNAIT

**G**ather your daughter's friend is quite insecure and perhaps even possessive about her friendship with your daughter. She is obviously using inappropriate ways to keep other friends away from your daughter so she can have her all to herself.

# 6 key etiquette rules every child should be taught in school

School curriculums are very rich and efficient. It may have many activities that may go on to help our children in their future endeavours. However, there are some basic rules and manners that are hardly taught to kids in school.

While good grades and academic excellence surely takes a child places, knowing how to conduct oneself, understanding what's right and wrong, is crucial to survive in this competitive, sometimes cruel world. That being said, an etiquette guideline for daily living and communication should be taught in schools



## Eye-to-eye interactions

**A** face-to-face conversation is crucial, but without proper eye contact, it may be difficult to put through your case when you are talking to someone. Your child should have the ability to look into the person's eyes when they're talking, so as to showcase confidence and high self-esteem. This is also a great personality trait.



## Basics of striking a great, appropriate conversation

**O**ther than our homes, school is the perfect place for our children to learn social skills. With many other kids present around, it is easy for kids to converse and talk freely with other co-students. However, for our kids to be good at striking conversations, they must be taught certain skills and techniques. When it comes to communication, there are many things, rather etiquette that children must keep in mind. This goes on to come in handy when they grow up.



## MANAGING BEHAVIOURAL SKILLS

**T**he ability to read a circumstance and to act as per the demands of the situation is important. Children should be taught to handle their behaviour from when they're young. At schools, teachers must teach kids certain behavioural skills that may come in use in different situations.



## UNDERSTANDING CONCEPT OF CONSENT

**W**hat even many adults lack in today's world is the understanding of consent. It is an important and a very basic etiquette that every child should be aware of. Only when they comprehend 'consent', will they be able to respect their fellow human being.



## BEING OPEN TO DIVERSITY AND RESPECTING ALL CULTURES

**I**n today's time, we get the privilege to meet people from different backgrounds, ethnicity, religious groups and more. Even in schools, our children get to meet new people, belonging to different parts of the world. That said, it is important that kids are taught inclusivity and the ability to acknowledge and appreciate people from all walks of life.



## SHARING IS CARING

**T**he idea of sharing what one has is a trait of selflessness and kindness, which must be taught to children when they're young, especially at schools where they spend most of their time. Learning how to share is also an important etiquette that appeals to many.

## FITNESS FUNDAS



## Cold workouts are the hottest new fad

**T**he cold workout trend is spreading a chill through the west. It can be traced to Johnny Adamic and Jimmy T Martin, founders of the NYC studio Brnn, that is set to a temperature of 50-degree Fahrenheit (10 degree celsius).

The touted benefits of a cold workout – according to the founders – are that it makes your muscles work 'optimally', and you burn more calories and fat. At the same time, though, studies have shown a correlation between cold weather and fat loss, as the body burns 'brown fat' to keep itself warm, there aren't studies proving exercising in cold can get one the same results.

The studio offers three types of workouts, starting from 60-degree yoga workout, getting progressively cooler with a core and cardio 55-degree studio workout and a strength training 45 degree workout. Are there any risks involved? One has to warm up beforehand, or they could be injured. Frostbite and hypothermia are also a possibility, so one needs to dress accordingly.

## BUT IS IT BETTER THAN ITS CONTRARY COUNTERPART - THE HOT WORKOUT?

**H**ot workouts' benefits include – as per some research – increase in blood flow, improved blood circulation and better immunity. However, more studies are needed for both to prove who is the decisive winner

