



THE TIMES OF INDIA

www.toistudent.com

TODAY'S EDITION

► Post Diwali pollution can be harmful for our lungs. Experts tell us how steam therapy among others can clear the lungs
PAGE 2



► An educationist tells us how healthy competitions can boost your self esteem
PAGE 3



► Neymar strikes twice to lift PSG to top of Ligue 1
PAGE 4



STUDENT EDITION
MONDAY, NOVEMBER 8, 2021



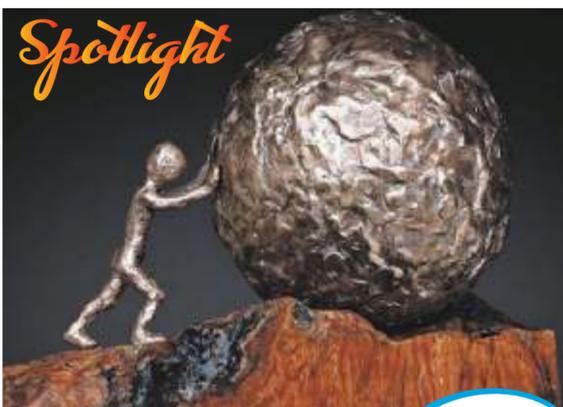
GLOBAL METHANE PLEDGE

CLICK HERE: PAGE 1 AND 2

Indian teens make the cut at Int'l Children's Peace Prize Shortlist

Three teenagers, a physically-challenged boy and two brothers from India, have been shortlisted for this year's International Children's Peace (ICP) Prize, South African Archbishop Desmond Tutu announced on behalf of the KidsRights Foundation...

The three finalists have been shortlisted by a panel of experts from over 169 nominees from 39 countries, reflecting the impact and significance of a global recognition that offers the winner a worldwide platform of millions to promote their work



■ **Muhammad Aasim** is a 15-year-old physically-challenged boy from Kerala, who is inspiring youngsters with disabilities around the world to continue their education



■ **Vihaan, 17, and Nav Agarwal, 14,** are two brothers from Delhi, who are committed to reducing pollution, at a time when the world is also talking of climate change



■ **Christina Adane,** a 18-year-old girl born in the Netherlands to Ethiopian parents, and now living in the UK, has made a name for herself fighting food injustice

1 The hybrid ceremony will take place on November 13 in the Hall of Knights in The Hague, and livestreamed so that the winner's message can reach a global audience

2 Each year the prize has been awarded by a Nobel Peace Prize laureate. The 2021 winner will be declared by Kailash Satyarthi, the 2014 recipient

3 The recipient will also receive a project fund of 100,000 euros, half of which will go to the winner's theme, with half invested by KidsRights in other projects of other young changemakers fighting for children's rights

■ The International Children's Peace Prize was launched in 2005 during the World Summit of Nobel Peace laureates in Rome, chaired by Mikhail Gorbachev. It is awarded annually to a child, who has made a significant contribution to advocating children's rights and improving the situation of vulnerable children such as orphans, child labourers and children with HIV/AIDS

■ The prize is an initiative of Marc Dullaert, Founder and Chairman of the KidsRights Foundation, an international children's rights organisation based in Amsterdam, the Netherlands



WHAT About a quarter of the world's global warming is caused by one gas—methane, state experts. To keep it under check, countries are signing the Methane Pledge.

methane emissions by 30 per cent before a 2030 deadline.

ever, are the oil and gas industries.

HOW

methane emits greenhouse gases: The greenhouse gas is generated by landfills, oil and natural gas systems, agricultural activities, coal mining and wastewater treatment among other sources. The biggest contributors, how-

WHY

focus on methane: Methane—like all greenhouse gases—retains heat, causing the global temperature to rise, but it is significantly more dangerous because it absorbs more energy while airborne, which translates to a lot more global warming.

THE PLEDGE: Much like the other agreements at COP26, the Methane Pledge aims to curb climate change, by cutting down

WILL IT HELP

According to the International Energy Agency, 75% of global methane emissions can be mitigated with current technology, while 40% of this can be done at no additional cost, making the Methane Pledge one of the most important ones at the COP26

WHY INDIA IS NOT A PART OF METHANE PLEDGE

1 India did not sign the COP26 pledge to stop deforestation and cut methane gas emissions by 2030 because of its concerns over the impact on trade, on the country's vast farm sector, and the role of livestock in the rural economy

2 Agriculture accounts for over 15% of India's \$2.7 trillion economy and employs almost half of the country's more than 1.3 billion people

3 That makes reducing methane emissions, generated by cows' digestive systems and manure, a major challenge

4 Besides India, China and Russia have also not signed the pledge that calls for efforts to cut emissions of methane by 30% by 2030 from 2020 levels



Meanwhile... from space, astronaut also sounds the alarm about climate crisis

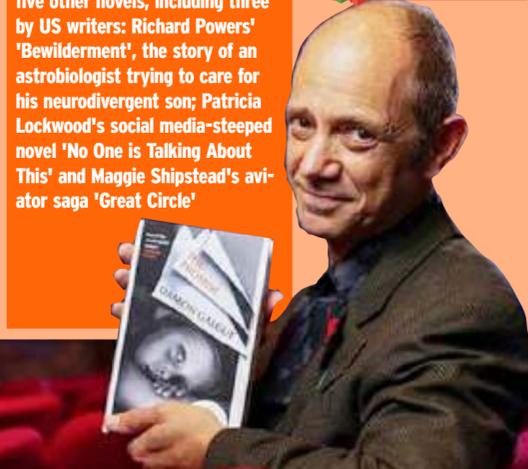
Through the portholes of the International Space Station, French astronaut Thomas Pesquet has an arresting view of global warming's repercussions. He used a video call from space to sound the alarm. "We see the pollution of rivers, atmospheric pollution, things like that. What really shocked me on this mission was extreme weather or climate phenomena," Pesquet told French President Emmanuel Macron during the call at the UN climate conference in Glasgow, Scotland. From space, "the fragility of Earth is a shock," Pesquet continued. "It's a sensory experience to see just how isolated we are as an oasis, with limited resources."

Damon Galgut 'Books' his name on Booker prize

South African writer Damon Galgut won the prestigious Booker Prize for fiction with 'The Promise', a novel about a white family's reckoning with South Africa's racist history. Galgut had been British bookmakers' runaway favorite to win the 50,000-pound (\$69,000) prize with his story of a troubled Afrikaner family and its broken promise to a Black employee – a tale that reflects bigger themes in South Africa's transition from apartheid. Galgut took the prize on his third time as a finalist, for a book the judges called a "tour de force." He was previously shortlisted for 'The Good Doctor' in 2003 and 'In a Strange Room' in 2010, but lost both times.

'The Promise' was selected over five other novels, including three by US writers: Richard Powers' 'Bewilderment', the story of an astrobiologist trying to care for his neurodivergent son; Patricia Lockwood's social media-steeped novel 'No One is Talking About This' and Maggie Shipstead's aviator saga 'Great Circle'

BOOK



WhatsApp may extend 'delete for everyone' time limit window

Facebook-owned WhatsApp is reportedly working on extending the time limit for the 'delete for everyone' feature. The 'delete for everyone' option was rolled out in 2017 and initially had a time limit of seven seconds that later got extended to 4,096 seconds in 2018. Now, As per a WaBetaInfo report, the time limit for using the 'delete for everyone' feature may be increased to an indefinite period. The publication even shared a screenshot where it showcased that a message from three months ago was still eligible to get deleted for both people.



■ WABetaInfo also reports separately that WhatsApp Beta for iOS (v2.21.220.15) is getting a new video playback interface to allow users to pause, play the video in fullscreen, or close the picture-in-picture window

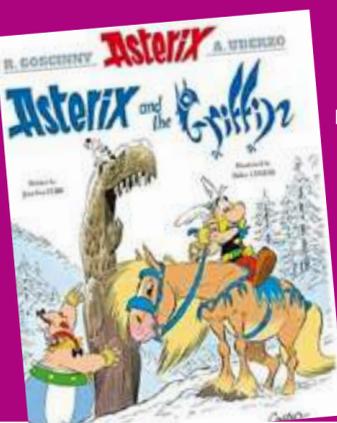
■ Recently, WhatsApp also started rolling out end-to-end encrypted chat backups for iOS and Android users globally

TECHAWAY

■ With the new update, if a user chooses to back up his chat history with end-to-end encryption, it will be accessible only to him, and no one will be able to unlock the backup

■ Neither WhatsApp nor the backup service provider will be able to access their end-to-end encryption backup

Asterix is back with 39th adventure



Deep in the frozen plains of Barbaricum, the Sarmatians face a terrible threat. The Romans are approaching in huge numbers to capture the Griffon, a sacred and terrifying beast, and they've kidnapped the beloved niece of the wise old Shaman, Fanciakuppov, to lead them to it. Determined to stop them, Fanciakuppov seeks the help of his Gaulish friends. Follow Asterix and Obelix, as they fight alongside the fearless Amazon warrior women to rescue the prisoner and prevent the Romans reaching this formidable beast! Loved across the Known World, the multi-million best-selling series is back with its 39th adventure. Filled with jokes, new characters and bravely fought battles, 'Asterix and the Griffon' (Sphere/Hachette) will delight fans old and new.

■ The author, Jean-Yves Ferri, born 1959, is a French writer, designer, and colourist of comics. In 2011, he was chosen as the writer for the next installment of the Asterix series created by Rene Goscinny and Albert Uderzo. Uderzo personally mentored him and Didier Conrad, who was subsequently announced as the artist

■ Didier Conrad (born in 1959) is a French comics artiste and writer. Since 2012, he has been the artist of the popular Asterix series



POST DIWALI POLLUTION: WAYS TO CLEAR THE LUNGS

4

Regular exercise

Exercise can improve people's physical and mental health, and it decreases the risk of many health conditions, including stroke and heart disease.

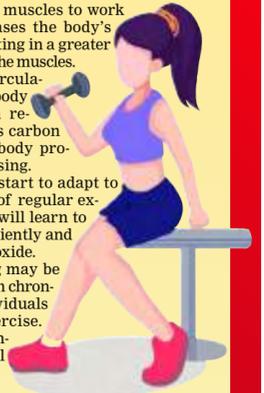
Exercise forces the muscles to work harder, which increases the body's breathing rate, resulting in a greater supply of oxygen to the muscles.

It also improves circulation, making the body more efficient in removing the excess carbon dioxide that the body produces when exercising.

The body will start to adapt to meet the demands of regular exercise. The muscles will learn to use oxygen more efficiently and produce less carbon dioxide.

Although exercising may be more difficult for people with chronic lung conditions, these individuals can also benefit from regular exercise.

People who have COPD, cystic fibrosis, or asthma should consult a healthcare professional before starting a new exercise regimen.



Below,
we look at
breathing exercises and
lifestyle changes that can
help remove excess mucus
from the lungs and
improve

5

Green tea

Green tea contains many antioxidants that may help reduce inflammation in the lungs. These compounds may even protect lung tissue from the harmful effects of smoke inhalation.

A recent study by Trusted Source involving more than 1,000 adults in Korea reported that people who drank at least 2 cups of green tea per day had better lung function than those who drank none.



1

Steam therapy

Steam therapy, or steam inhalation, involves inhaling water vapour to open the airways and help the lungs drain mucus.

People with lung conditions may notice their symptoms worsening in cold or dry air. This climate can dry out the mucous membranes in the airways and restrict blood flow.

Conversely, steam adds warmth and moisture to the air, which may improve breathing and help loosen mucus inside the airways and lungs. Inhaling water vapour can provide immediate relief and help people breathe



more easily.

A small study involving 16 males with chronic obstructive

pulmonary disease (COPD), a lung condition that makes it harder to breathe, found that steam mask therapy led to significantly lower heart rates and respiratory rates than non-steam mask therapy. However, the participants did not report lasting improvements in their respiratory function.

This therapy may be an effective temporary solution, but researchers need to do more research before they fully understand the benefits of steam therapy on lung health.

2

Controlled coughing

Coughing is the body's way of naturally expelling toxins that it has trapped in mucus. Controlled coughing loosens excess mucus in the lungs, sending it up through the airways.

Doctors recommend that people with COPD perform this exercise to help clear their lungs.

People can follow the steps below to cleanse their lungs of excess mucus:

- Sit down on a chair with the shoulders relaxed, keeping both feet flat on the floor.
- Fold arms over the stomach.
- Slowly inhale through the nose.
- Slowly exhale while leaning forward, pushing the arms against the stomach.
- Cough 2 or 3 times while exhaling, keeping the mouth slightly open.
- Slowly inhale through the nose.
- Rest and repeat as necessary.



3

Drain mucus from the lungs

Postural drainage involves lying in different positions to use gravity to remove mucus from the lungs. This practice may improve breathing and help treat or prevent lung infections.

Postural drainage techniques differ depending on the position:

ON YOUR BACK

- Lie down on the floor or a bed.
- Place pillows under the hips to ensure that the chest is lower than the hips.
- Slowly inhale through the nose and exhale through the mouth. Each exhale should take twice as long as the inhale, which is called 1:2 breathing.
- Continue for a few minutes.



6

Anti-inflammatory foods



Inflammation of the airways can make breathing difficult and cause the chest to feel heavy and congested. Eating anti-inflammatory foods can reduce inflammation to relieve these symptoms.

FOODS THAT HELP FIGHT INFLAMMATION INCLUDE:

- Turmeric
- Leafy greens
- Cherries
- Blueberries
- Olives
- Walnuts
- Beans
- Lentils

7

Chest percussion

Percussion is another effective way to remove excess mucus from the lungs. A healthcare professional or respiratory therapist will use a cupped hand to rhythmically tap the chest wall to dislodge trapped mucus in the lungs.

Combining chest percussion and postural drainage can help clear the airways of excess mucus.



LOW PLATELET COUNT?

FOODS TO INCREASE YOUR PLATELET COUNT AFTER DENGUE

A spike in dengue cases across the country has increased the demand for platelets, cellular components found in the blood that play a vital role in clotting and bleeding. In dengue fever, there is increased destruction of platelets and reduction in the formation of new ones that decrease the platelet count in the blood and increase the risk of internal bleeding and rashes. Those with a blood platelet count below the normal range (between 1.5 and 4 lakh per microlitre) are usually transfused with it to avoid any kind of complications. However, transfusion runs the risk of transmitted infections. So, this method of treatment should not be opted for frequently, unless absolutely necessary. The platelet count could be increased naturally by eating some specific food items. Here, we have listed some natural ways to increase your platelet count.

WHAT NOT TO HAVE

While some foods can increase the blood platelet count, some can lower it. When your platelet count is low then you must not have some specific foods and beverages like:

- Alcohol
- Cranberry juice
- Cow's milk

VITAMIN B 12

Vitamin B12 also known as cobalamin, is a water-soluble vitamin mostly found in animal-based food items. It has numerous roles to play in the functioning of the body including increasing the platelet count and keeping the cells healthy. Even the deficiency of this crucial B vitamin can also lower the count of platelet in the blood. An average person requires 2.4 mcg of vitamin B-12 daily and for pregnant and breastfeeding women it is up to 2.8 mcg. Some common sources of Vitamin B12 are eggs, meat, fish and chicken.



FOLATE

Folate is also a B type vitamin required for the growth of healthy cells. Also known as Vitamin B9 and folacin, the vitamin can help elevate platelet levels, help tissues grow and improve cognitive functioning. Along with Vitamin C, this nutrient can help to break and create new protein. Another functioning of this vitamin includes the formation of red blood cells. Some common sources of folate are black-eyed-peas, peanuts, oranges and kidney beans.

VITAMIN C

Vitamin C rich foods have immune-boosting properties, but they also play a vital role in increasing the platelet count. The vitamin mostly present in citric fruit (oranges, amla, strawberries, kiwis) also enhances the body's ability to absorb iron - another essential nutrient to increase platelets count. Increasing vitamin C intake in winter also reduces risk of cold and flu. However, heat can destroy vitamin C, so consume them raw.



IRON

Deficiency of iron in the body often leads to anaemia, a condition in which red blood cells that carry adequate oxygen to your body's tissues decreases. Taking sufficient iron-rich foods can increase the level of red blood cells and also the platelet count. A healthy amount of blood components can boost your immunity and keep you fit during the winter season. White beans and kidney beans, lentils, pumpkin seeds, spinach and dates are some good sources of iron.

GREAT BOOKS ABOUT MOUNTAINS AND HILLS YOU MUST READ

Magnificent mountains and splendid hills never fail to take our breath away. With their enormity, they have always inspired and intrigued us. Till the first half of the 20th century, many people tried to scale different peaks with no success. This constant struggle and the success that followed formed the centre of several books. Furthermore, many mountains and hills have formed a part of the literary world all around the world. Here is a look at seven great books about mountains you must read to know the stories of hills and those who love them

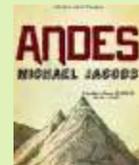
'Space Below My Feet' by Gwen Moffat

The book includes accounts of observed accounts of mountaineering exploits as Moffat tackles the toughest climbs and goes on to become Britain's leading female climber and the first woman to qualify as a mountain guide. It has been described as a story of climbing and compulsive love of mountains.



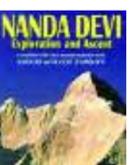
'Andes' by Michael Jacobs

The author journeys from the Caribbean to the inhospitable islands of the Tierra del Fuego, through the relics of ancient civilisations, to retrace the footsteps of previous travellers. His route begins in Venezuela, following the path of the great 19th-century revolutionary Simón Bolívar. On his way, he attempts to uncover the stories of those who have shared his fascination for travelling.



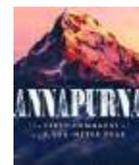
'Nanda Devi: Exploration and Ascent' by Eric Shipton

Nanda Devi, one of the most inaccessible mountains in the Himalayas, has always been a huge challenge for mountaineers of the early 20th century. In 1934, Eric Shipton and HW Tilman found a way in; their 1934 expedition is regarded as the epitome of adventurous mountain exploration. Know it all from this fantastic book.



'Annapurna: The First Conquest of an 8,000-Meter Peak' by Maurice Herzog

In 1950, when no mountain taller than 8,000 meters had ever been climbed, Maurice Herzog led an expedition of French climbers to the summit of an 8,075-meter (26,493-foot) Himalayan peak called Annapurna. This book is an unforgettable account of this heroic climb and its aftermath, including a nightmare descent of frostbite, snow blindness, and near death.



'Mountaineering in Scotland' by WH Murray

Mountaineer WH Murray vividly describes some of the most sought-after and classic British climbs on rock and ice, including the Cuillin Ridge on Skye and Ben Nevis. Interestingly, the book was written on toilet paper when Murray was a prisoner of war! In the book, he details the hardship and pleasure of high camping in winter.

