



THE TIMES OF INDIA

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TODAY'S EDITION

➤ Handling kids, especially during these pandemic times, can be tough for parents. Experts tell how to raise them peacefully
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➤ Take a peek into World War II through the eyes of Markus Zusak, best known for 'The Book Thief' and 'The Messenger'
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STUDENT EDITION
THURSDAY, NOVEMBER 11, 2021

One of India's holiest rivers Yamuna has been coated with toxic foam since Monday, adding to the woes of New Delhi residents already enduring a blanket of thick smog over the capital. The Yamuna is already one of the most-polluted waterways in the country but parts of the river, which courses through the centre of Delhi, were coated in mounds of white foam resembling snowfall.

CLICK HERE: PAGE 1 AND 2

THE 'BORING BILLION' WASN'T SO BORING

No, we are not talking about any billionaire or any Hollywood movie. We are discussing the 'Boring Billion' of the Earth. The 'Boring Billion' – a period in Earth's evolution between 1,850 million and 850 million years ago – has always been considered the duller time in the Earth's history on the basis that not much happened to its climate, tectonic activity or biological evolution. However, a recent study by geologists has revealed that our planet's crust was 'hot



and thin' throughout the time period, measuring just 40km or less. What's more, the relatively thin crust shimmied

around and was populated by some low mountain ranges, created by more gentle tectonic activity.

How Boring Billion shaped up

- According to researchers, during the Boring Billion, the thin crust, a product of high temperatures resulted in greater crustal flow and therefore, resulted in lower mountain ranges
- The most advanced life on the Earth was algae and the oxygen levels were far lower than they are today

Researchers said the era may have set the stage for the proliferation of more complex life forms that culminated 541 million years ago with the so-called Cambrian Explosion. The Cambrian Explosion saw a burst of new animal phyla, possibly due to a steep rise in oxygen, including arthropods with legs

TOXIC FOAM ENGULFS YAMUNA



- Officials have long pledged to clean the Yamuna but without success, and the blooms of toxic foam have become an annual occurrence
- A 2020 government report found water quality in the river had become 'critically worse' over the last five years



Share your views on how to keep our waterways pollution-free at toinie175@gmail.com

REPORT CARD

India retains top 10 slot in climate performance index

India has retained its top 10 spot in the best performing countries for the third year in a row in the global Climate Change Performance Index (CCPI) released by Germanwatch.

Interestingly, no country performed well enough in all index categories to achieve an overall very high rating in CCPI, the report noted. As a result, the top three places in the overall ranking remain empty once again

- Denmark placed 4th and is the highest ranked country in CCPI 2022. However, it does not perform well enough to achieve an overall very high rating
- Thus India at the 10th slot is the seventh best performing country. India maintained its 10th position despite pandemic-hit operational difficulties, which saw some regulatory flexibility to put the country's economy back on track



GOVT TO JAB KIDS ONLY AFTER NOD TO COVAXIN



Children may have to wait for some more time to get vaccinated against Covid-19, as the government will start immunisation for kids only after Bharat Biotech's Covaxin is approved for use, which might take a few more weeks, a senior official said. The government is concerned that supplies of Zydus Cadila's ZyCoV-D – a three-dose vaccine given emergency use authorisation (EUA) for children between 12-17 years – may not be adequate to begin inoculating children. (There are around 440 million children in the country per current data and government estimates around 10-12% will be eligible under pri-

Once the DCGI approves Covaxin for use in children, it will be reviewed by the National Technical Advisory Group on Immunisation before the final guidelines for immunisation of children are issued. The government expects to begin the programme for children by end-December or early next year, once approval is granted

oritisation.) Covaxin, currently in use for adults, has already been recommended for use in children of 2-18 years. However, the final approval for EUA is pending with the Drugs Controller General of India (DCGI).

CBSE BOARD EXAM 2022

Facility to change exam centre for class X, XII Term 1 to be available on Nov 10

The Central Board of Secondary Education, CBSE Board Exam 2022 for Term 1 would begin on November 16, 2021. The facility for change of examination centre would be available on November 10, 2021 for the students residing in some other city due to Covid 19. Students falling under this category can request for change of examination city for theory, practical or both theory and practical exams. The Board has released an important notice regarding the change of exam centres on cbse.gov.in.

If a student opts for change in exam city only for theory exams, they will compulsorily have to attend practical exams from the schools of their studies. Students must send their request to change exam city for CBSE Board Exam 2022 by November 19 till 11:59 pm



\$228 MILLION

FACTOID

That's the amount generated by The Harry Potter: Magic Awakened game in less than two months since its limited launch in select Asian countries on September 9. This month the Harry Potter franchise celebrates 20 years since the release of 'Harry Potter and The Philosopher's Stone', also known as 'The Sorcerer's Stone' in cinemas. According to Sensor Tower, the early success of Harry Potter: Magic Awakened already makes it the number 2 ranked title in the franchise by global player spending across the App Store and Google Play.

Goodbye Fairy Queen!

It will be the end of an era, as the replica of the Fairy Queen steam locomotive paves way for the mini replica of the semi-high speed Vande Bharat train at the Indian Railways headquarters in the national capital. The glorious Fairy Queen has occupied the place of pride in front of the Rail Bhawan for years. And it has a good reason to be given the honourable position – Fairy Queen has been a great attraction among the steam engine lovers across the world, and was certified by the Guinness Book of Records in 1998 as the world's oldest steam locomotive in regular operation.



■ Also known as the East Indian Railway Nr. 22, the Fairy Queen was built in 1855 by Kitson and Company in England. It was brought to Calcutta (now Kolkata) the same year and operated between Howrah and Raniganj. Subsequently, it was consigned to line construction duty in Bihar until 1909. And this was the end of the Fairy Queen's mainline journey for many years to come

■ In 1972, the government bestowed the 'heritage' status on the Fairy Queen, making it a national treasure. The locomotive was restored and occupied a special place in the National Rail Museum in New Delhi

Vande Bharat replicas signify the transformational changes in the Indian Railways. Equipped with upgraded amenities, better seating, security, and surveillance systems along with fire-proof features, the Vande Bharat trains have been an ambitious project of the Modi government

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LEARNING FROM THE YOUNG

Happy Children's Day

YOUNG ENVIRONMENTALISTS
YOUNG ENTREPRENEURS
LITTLE TECHIES
STUDENTSPEAK
SPORTSTARS
BUDDING WRITERS
LIFE LESSONS FROM CHILDREN
WHAT I LEARNT FROM MY CHILD
ARTISTIC EXPRESSIONS

Don't miss the 'Exclusive Offers' on this special occasion

AND MUCH, MUCH MORE

COLLECTOR'S EDITION
MARK YOUR DATE NOVEMBER 13, 2021
The celebration starts early on our website from Monday, November 8

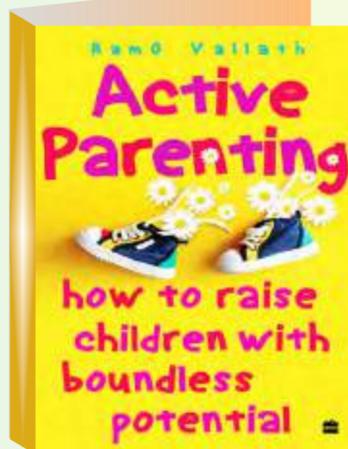


RamG Vallath, the writer is an IITian, a tech company co-founder, motivational speaker and the author of 'Active Parenting: How To Raise Children With Boundless Potential'

THERE IS NO ONE WAY TO RAISE A CHILD

The beauty of genetics is that there are literally billions of ways in which the genes of a mother and father can combine to produce an offspring. Two siblings can be as different as chalk and jaggery. And each could be just as different from each parent too. To try and raise them the same way would only lead to curtailing of their individuality, which will lead to them living well below their potential, and which, in turn, will lead to frustration and pent-up angst for children and for parents. So, to get the best out of each child, parents need to understand their children deeply – their motives, their strengths, weaknesses and interests. This is why my book 'Active Parenting' recommends befriending the child as an essential parenting strategy.

An essential aspect of friendship is mutual respect and trust. Parents need to respect their children just as much as they expect their children to respect them. In early years, this would mean patiently listening to them and an-



swering their questions, however silly they may sound. As they grow older, take interest in understanding their day to day life, their interests, their friends, their pop culture, etc. The more parents do that, the better they will understand their children and the better they can customise their parenting techniques to the individual child's needs.

Even the boundaries that parents set for their children need to depend on the nature of the child. Some children need structure, others thrive in ambiguity. Some are fiercely independent, others need support for a longer time.

This is why 'Active Parenting' stresses on the point – there is no one way to raise a child. What parents need to focus on is what attributes a truly successful adult should have and then proactively use every opportunity to build those.

There is no one way to raise kids. Every child is different and his/her unique strengths should be encouraged and celebrated

KNOW IT ALL

THERE'S JUNK IN SPACE TOO!

IT TURNS OUT, HUMAN BEINGS HAVEN'T JUST POLLUTED THE EARTH, BUT OUTER SPACE TOO. HUMANS HAVE BEEN HURLING OBJECTS INTO SPACE FOR DECADES AND - SHOCKER - THERE ARE CONSEQUENCES. AS SPACE TRAVEL BECOMES MORE COMMON (AND COMMERCIAL), THIS POSSES RISKS AND HAS LED TO ATTEMPTS AT CLEAN-UPS

WHAT IS SPACE JUNK?

Space junk, also known as space debris, are the defunct artificial objects that are in outer space because of human intervention. More than 27,000 pieces of space junk have been tracked by the US Department of Defense, according to Nasa.

◀ This junk includes "the stages from rockets that jettison satellites into orbit and the satellites themselves once they die," according to National Geographic. Smaller bits include paint chips, nuts and bolts, a screwdriver and even a spatula.

◀ Collisions make this worse. In 2009, a defunct Russian spacecraft Cosmos 2251 with the US satellite Iridium 33. This alone added 2,300 pieces of debris.

WHY IS IT DANGEROUS?

These debris are travelling in space, the same way spacelights are. They travel at a speed of 17,500 mph, which is fast enough to damage a satellite or spacecraft. This means that it makes space travel even more dangerous, adding to the possibility of a collision.

◀ This isn't just hypothetical - space shuttle windows have been replaced because of the damage caused by an unknown material, later found to be paint flecks.

◀ While some of this debris is expected to re-enter the Earth's orbit at some point, that doesn't solve the problem as we are accumulating more junk.

HOW DO WE FIX IT?

Japan's space agency JAXA is testing a huge "electronic space whip." The size of six football fields, the idea is that it will knock debris out of orbit, sending it to burn in earth's atmosphere. China, meanwhile, has launched a military satellite to test space debris mitigation technology.

◀ Another ambitious idea is a spinning magnet. University of Utah mechanical engineering professor Jake J Abbott and his team say you could use the spinning magnet to "robotically repair or manoeuvre space junk into deep space or into a death spiral headed toward Earth without touching any pieces."

◀ Satellites are also being designed to fully self-destruct. ESA's Clean Space initiative makes sure satellites burn fully so as to not leave any debris.

◀ Apple co-founder Steve Wozniak's privateer aims to tackle this by creating "the Google Maps of space" to monitor junk. SOURCES: NAA, National Geographic, Space.com, the Birmingham Times, SciTechDaily.com

Signs you're raising a STRONG-WILLED CHILD and ways to handle them peacefully

While parents want their children to be leaders - opinionated and strong headed - they often confuse their strong-willed nature to be something 'bad' or 'rude'. There is surely a fine line between stubbornness and being strong willed and the only way to identify is through observation and by being reasonable. Your child can be stubborn if they're strong willed, however, it in no way means that they're misbehaving. That said, here are some signs to tell you whether you're raising a strong-willed child and ways you can take care of them without any chaos

PUNISHMENT IS UNLIKELY TO CHANGE THEM

When it comes to strong-willed kids, punishment will not change them. Until and unless your child is convinced or feels that they're wrong, they're unlikely to step down. So, there is absolutely no use being critical or stern. It will only make you more distant from them. Rather, listen to your kids, communicate with them and try to reason with them.



STRONG-WILLED KIDS STAND THEIR GROUND

If your child is strong-willed and has an opinion, they're likely to stick by it no matter what comes their way. Backing out is not an option for them and they won't budge until and unless they feel heard. For parents raising kids with strong opinions, it is important to keep an open mind. Do not judge your child for being too bossy or stubborn. Rather lend them an ear and reason out with them.

THEY DEMAND AN EXPLANATION

Strong-willed kids won't back down without a good, valid explanation and of course there is nothing wrong with demanding one. Surely, they are good explainers themselves and will provide you with a reasonable logic, whenever needed. That said, parents must not refuse kids an explanation. You can provide them with a short and brief account of what you think and back it up with some sweet talk. However, try not to invalidate their feelings and opinions.

THEY'RE OPINIONATED

No parent should be intimidated by an opinionated child. It is what will make them great leaders in the future. Strong-willed kids tend to have a view for mostly everything they're aware of. They are knowledgeable, observant and curious. Therefore, if your child has strong opinions with solid reasonings, do not ask them to change their nature. Rather, praise them and pick their brain to see how accurate they are. Avoid unnecessary conflicts and arguments just to prove them wrong.

THEY'RE MOST LIKELY TO MAKE THEIR OWN RULES

Strong-willed kids are not the kind who'd go by rules and regulations set by others. They know how to bend the rules, even make new ones to suit their own purpose. That said, parents must not try and fit their children in a box. They must promote free thinking and innovation. Let your child's mind wander and let them make their own decisions and choices. Just be there to guide them through every thick and thin and provide them with effective insights.

KIDS WHO ARE STRONG-WILLED ARE LIKELY TO BE IMPATIENT

One of the drawbacks of being strong-willed is that it is accompanied with impatience. Children having such personality may be impulsive and may make rash decisions. They want results and do not think about the consequences. Keeping this in consideration, parents must be their guiding light. Do not criticise them for being impatient, rather help them calm down and think more efficiently. Make sure you do not deprive them of their choices on the way, rather help them with more alternatives.



NUTRITION NUGGETS

Don't like milk? Try these foods

We all know that calcium is the building block of the human body. According to nutritionist Pooja Makhija, you have more calcium in your body than any other mineral. The recommended daily intake (RDI) of calcium is 1,000 mg per day for most adults, though women over 50 and everyone over 70 should get 1,200 mg per day, while children aged 4-18 are advised to consume 1,300 mg. If you think that this requirement can be fulfilled only with milk, you are wrong. There are plenty of other foods that are rich in calcium. Have a look at a few of them and start adding them to your daily diet



KIDNEY BEANS

100 grams of raw kidney beans contain 140 mg calcium, which is sufficient for the human body. It is suggested to boil it before consuming to reduce the pressure of the digestive system and make it easily digestible.



ALMOND

As per Makhija's post on social media about calcium intake, 100 gram of almonds contain 60 mg calcium and contains monounsaturated fat, which is good for the development of the body.



FIGS

According to Makhija, 8 figs contain 241 mg calcium content and if consumed on a regular basis, helps keep the bones healthy.



TOFU

100 gms of tofu contains 680 mg calcium and the best way to consume tofu is to pan fry it or eat it raw. Excessive cooking of ingredients reduces their nutritional value, so it's best to avoid the practice of excessive cooking.



SUNFLOWER SEEDS

A single cup of sunflower seed kernels contain 109 mg calcium. These nutritious seeds are also rich in magnesium, which helps balance the effects of calcium.



SESAME SEEDS

It is suggested to eat 1 tablespoon of sesame seeds daily, as it adds 88 mg calcium to your daily nutritional needs. Sesame seeds are also rich in zinc and copper.



BROCCOLI

One cup of broccoli contains 87 mg of calcium. Regular intake of broccoli is helpful in preventing bladder, breast, colon, liver and stomach cancers.