



# THE TIMES OF INDIA

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TODAY'S  
EDITION

While Delhi is battling severe air pollution, experts tell you how to combat it with beverages

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An educationist narrates how the pandemic has prepared us for the future

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France, Belgium qualify for football World Cup

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STUDENT EDITION  
MONDAY, NOVEMBER 15, 2021



## Another win for women Army officers



The Army has said it will grant permanent commission (PC) to 11 women officers who had approached the Supreme Court over the matter within 10 days. This came after the apex court in a ruling on Friday directed the Centre to do so within three weeks to all those short service commission (SSC) officers who are yet to approach the court but meet the eligibility criteria.

A little over 72 women officers had approached the court in August challenging the Army's decision finding them ineligible for permanent commission. The court indicated that it is going to hold the Army guilty of contempt of court. In February last year, in a landmark verdict, the top court had directed that women officers in the Army be granted a permanent commission, rejecting the Centre's stand of their physiological limitations as being based on "sex stereotypes" and "gender discrimination against women".

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# Snoopy in SPACE!



The US space agency NASA has announced that Snoopy will ride on the Artemis I mission, slated for 2022, as the zero gravity indicator. Without astronauts aboard Orion, Snoopy will help share the journey with the world as he rides along in the cabin with a manikin and two other "passengers", NASA said in a statement...

Snoopy is an anthropomorphic beagle in the comic strip Peanuts by Charles M Schulz, and has contributed to the excitement for NASA human space-flight missions for more than 50 years, since Apollo missions, and continues under Artemis with new educational activities. Artemis I is an uncrewed flight test of the Space Launch System (SLS) rocket and Orion spacecraft around the Moon launching in early 2022 before missions with astronauts

For the flight, Snoopy will be outfitted in a custom orange flight suit complete with gloves, boots, and a NASA patch

Snoopy was used to encourage NASA's space-flight safety initiative during the time of Apollo. Schulz created the comic strips of Snoopy on the Moon, capturing public excitement about America's achievements in space

For the Artemis I mission, Peanuts is releasing a new suite of curriculum and short videos with its partner, GoNoodle, to encourage kids to learn about gravity, teamwork, and space exploration while they follow Snoopy along on his Artemis I journey, NASA said

In addition to the doll and Silver Snoopy pins, a pen nib from Schulz's Peanuts studio will make the trek on Artemis I wrapped in a space-themed comic strip as part of a collection of mementos selected by NASA to fly aboard the Orion spacecraft. A new season of "Snoopy in Space" will also be released on Apple TV+ that explores the planets and what conditions are necessary to find life in the universe. NASA supported Peanuts with the series through reviews of STEM content and NASA mission information



Under Artemis, NASA is working to land the first woman and the first person of colour on the Moon and lead the next steps of human exploration for future missions to Mars



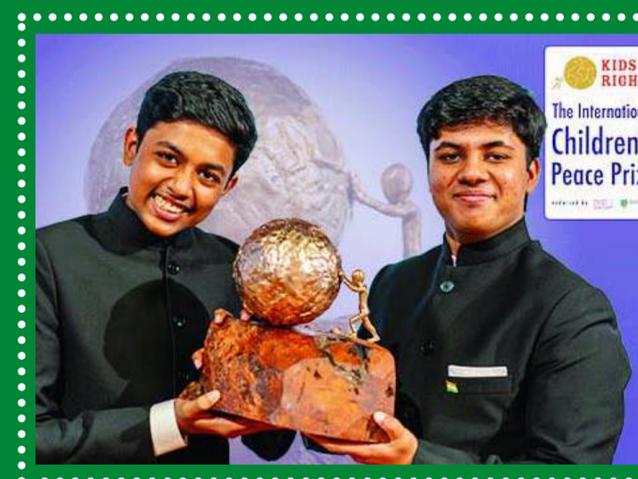
## Schools to remain shut, offices go back to WFH, as pollution hits emergency levels in Delhi



For a week from today, schools in Delhi will be physically closed "so that children don't have to breathe polluted air," the Delhi government announced. Classes will continue virtually. Delhi chief minister Arvind Kejriwal chaired an emergency meeting to tackle air pollution after Supreme Court asked authorities to take immediate measures. Government offices will also operate from home at 100% capacity for a week and private offices to be issued an advisory to go for WFH option as much as possible. Construction activities not to be allowed from November 14 to November 17, Kejriwal announced after the meeting.

The overall air quality in Delhi on Saturday morning was recorded in the "severe" category with an Air Quality Index (AQI) of 499 at 7.35 am, according to the System of Air Quality Weather Forecasting Research (SAFAR)

Of the world's top 10 cities with the worst air quality, three – Delhi, Kolkata and Mumbai – are in India, data from air quality and pollution city tracking service from IQAir, a Switzerland-based climate group showed



## INDIAN KIDS WIN CHILDREN'S PEACE PRIZE FOR WASTE PROJECT

Two teenage brothers from India urged world leaders to act against climate change after winning a prestigious global children's award on Saturday for tackling pollution from household waste in New Delhi. Vihaan and Nav Agarwal, aged 17 and 14, received the 2021 KidsRights International Children's Peace Prize for developing an initiative to segregate recyclables and organise pickups for trash from thousands of homes. The award cited their "courage and commitment to tackling pollution in their home city Delhi", ranked recently as the worst in the world for air quality due to a toxic mix caused partly by the burning of rubbish

## Marvel Studios to bring two new series, 'Agatha: House of Harkness', 'Echo', to Disney Plus

ENTERTAINMENT



Marvel Studios is bringing two new series to streaming service on Disney Plus – 'Agatha: House of Harkness' and 'Echo'. The studio unveiled these titles during the Disney Plus Day celebrations on Friday. 'Agatha: House of Harkness' is a spin-off show will hit series 'WandaVision' and will see actor Kathryn Hahn reprising her role of Agatha Harkness

'WandaVision', which debuted on Disney Plus in January this year to positive reviews, was the first show to come out of Disney-owned Marvel Studios' highly-successful superhero franchise Marvel Cinematic Universe (MCU)

## 13-year-old uses 'Make-A-Wish' to feed homeless every month for a year

A 13-year-old boy has won the hearts of thousands of people after he used his 'Make A Wish' grant to help the less fortunate people. Abraham Olagbegi was diagnosed with aplastic anaemia, a rare blood disorder, last year and needed a bone marrow transplant. A year later, he found out that his transplant was successful and he was eligible for a grant from Make A Wish, an organisation that grants wishes to children with serious illnesses. While most children would ask for a trip to Disneyland or a chance to meet their favourite celebrity, Abraham decided to use his Make A Wish grant to feed the homeless people. "I remember we were coming home from one of his doctor appointments and he said, 'Mom, I thought about it, and I really want to feed the homeless,'" Abraham's mom, Miriam Olagbegi, said. "I said, 'Are you sure Abraham? You could do a lot ... You sure you don't want a PlayStation?'," she added.



FOR A CAUSE

1 In September, Make A Wish helped Abraham organise a stall to give food to the homeless in Jackson, in the US State of Mississippi. Local businesses had donated food. At the end of the day, about 80 people were fed

2 Abraham's wish wasn't a one-day thing. Make A Wish will help Abraham feed homeless people every month for a year. The organisation will work with the teen to find local supporters to get food every third Saturday of the month

3 Abraham plans to continue feeding the homeless even after his wish is completed in August 2022. He wants to turn it into a non-profit initiative called 'Abraham's Table'

Wellness &amp; Health

# COMBAT POLLUTION WITH THESE BEVERAGES

The Air Quality Index of the capital still remains severe. Other cities are also going through a bad air phase. This is making it hard for people to breathe. More and more people are visiting doctors complaining of breathlessness, burning in

the eyes, throat and cough. While it will take time for the AQI to be back to normal, here are three simple drinks suggested by nutritionist Kavita Devgan that you can make at home to beat the ill effects of air pollution.

## APPLE JUICE WITH AMLA

This combination is great for changing seasons and winter months when pollution is at its peak.

**HOW IT HELPS:** It helps with better lung capacity and reduces wheezing due to quercetin and khellin (both flavonoids) present in it. This helps open up the stuffed airways and amla helps deliver vitamins that help arrest the damage to lung tissue caused by environmental toxins.



## BANANA SMOOTHIE

To make the frothy smoothie, you need banana, ginger juice and coconut water. Now, churn the banana, some ginger juice, and coconut water and enjoy the delicious drink.



**HOW IT HELPS:** Low potassium levels are linked to shortness of breath, even more during polluted times. Banana and coconut water both are rich in potassium. Ginger helps stamp out air pollutants of the air passages before they have time to irritate the lungs.

## PINEAPPLE JUICE WITH MINT

Besides being delicious and rich in vitamin C, this drink is great to combat pollution too.



**HOW IT HELPS:** Pineapple has enzyme bromelain that helps clear out the toxic debris that accumulates in the lungs and so helps detox lungs naturally. Mint delivers antihistamines that work as antidotes for symptoms like nasal congestion, mucous formation, and sneezing. <sup>TNN</sup>

## Skincare A-Z

# Know the science behind your sunscreen

The adverse effect of UV radiation on our skin is significantly higher than one can fathom. The repercussions such as sunburn, pigmentation, loss of skin elasticity, early signs of ageing and skin cancer should compel everyone to consistently adapt the application of sunscreen in your skincare routine. Here is the information on why it's imperative to understand the science behind a product that is an integral part of your daily regime



## KEY INGREDIENTS YOUR SUNSCREEN SHOULD HAVE

The right way to identify a safe and trustworthy sunscreen is by looking for more advanced, modern and photostable fillers. The photostability of the filters will ensure ef-

fectiveness and how potent it is even during long sun exposure. Numerous studies have raised concerns about the safety of few ingredients like OMC (Octyl Methoxycinnamate/Octinoxate/ Ethylhexyl Methoxycinnamate), Homosalate, Benzophenone-3 (Oxybenzone).

## WHY IS IT IMPORTANT TO REAPPLY SUNSCREEN EVERY THREE TO FOUR HOURS?

It is a common practice for people to reapply their sunscreen after three to four hours due to numerous reasons. be it chemical or physical, all sunscreen breaks down on your skin when exposed to sunlight. Mineral sunscreen, as it sits on the top of the sun, is most likely to be wiped off the skin over time. So, one should reapply sunscreen every three-four hours for better protection and to avoid any further skin damage.

## CHOOSING THE RIGHT STRENGTH (SPF) OF SUNSCREEN

The strength of sunscreen is measured by SPF (protection against UVB) & PA (protection against UVA). The higher the SPF and PA, the more protection it gives to the skin. Sunscreens often come with different strengths so you can select according to your exposure to the sun. If you are planning to spend the day inside your car, a lower SPF with broad-spectrum protection will do the job. But if you are spending a lot of time outdoors in di-

rect sun, you would need sunscreen with higher SPF and PA. The strength (SPF) of the sunscreen depends on how much time one spends being directly exposed to the sun. The SPF number tells you how long the sun's UV radiation would take to burn the protected skin with sunscreen as compared to the amount required to burn the unprotected skin without sunscreen. So, if a person takes 10 minutes to sunburn with no protection; sunscreen with SPF 30 will protect them from burning for 300 minutes (30 times more protection). <sup>UNIS</sup>

## DID YOU KNOW? OUR NOSTRILS WORK ONE AT A TIME!

When we breathe in and out of our nose, one nostril does most of the work at a time, with the duties switching every few hours. They take breaks in the process of alternating congestion and decongestion called the nasal science. The autonomic nervous system, which takes care of the heart rate, digestion and other things that we don't consciously control, switches things up every few hours and our other nostril does all the heavy lifting for a while.

It is a common practice for people to reapply their sunscreen after three to four hours due to numerous reasons.

Activities BOX



## QUIZ TIME (CURRENT AFFAIRS)

**Q.1) Which high court for the first time in India declared "Bandh" as illegal?**

- A. Allahabad High Court  
B. Gujarat High Court

C. Kerala High Court  
D. Rajasthan High Court

**Q.2) Which country is an integral part of India's 'Look East, Link West' policy according to a statement by**

**Prime Minister Narendra Modi?**  
A. USA B. France  
C. Germany D. Canada

**Q.3) The RTI Act is not applicable to which state?**  
A. Sikkim B. Telangana

C. Chhattisgarh  
D. Jammu and Kashmir

**Q.4) The first election to implement the system of**

**VVPAT was held in which state?**  
A. Mizoram B. Manipur  
C. Nagaland D. Assam

## ANSWERS

1. C) Kerala HC 2. A) USA 3. D) Jammu & Kashmir  
4. C) Nagaland

## FASHION FUNDAS

# SIX STREET STYLE TRENDS FOR FALL

From oversized blazers to bright-hued denim, the fall season has brought about an array of new trends to get excited about. While we are still in the early stages of the season, these street style trends have already gained prominence after having trickled down from the runways to the streets for us to make a statement. There's everything from super bright hues like hot pink and bottle green to quirky prints and buoyant accessories, as well as anti-fit coats that will pull together any fall ensemble. Have a look at some of the most significant street style trends.

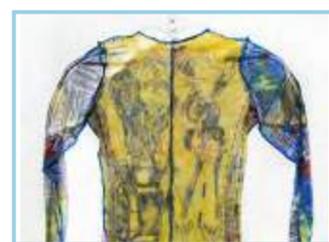


## OVERSIZED BLAZERS

The mantra to donning our favourite fall staple, a blazer this season is to go big or go home. Boxy shoulders and an anti-fit silhouette are all that you need to look out for while splurging on blazers this fall. Throw them on top of any fall ensemble of your liking and you will not have to think twice about getting your layering game correct. Bonus tip: Dig into your brother's or father's wardrobe and steal this fall favourite from their collection instead of investing in a new piece altogether.

## BRIGHT COLOURED JEANS

For the longest time we have been identifying the fall season with neutral colours but that is about to change this year. From hot pinks to vibrant yellows - the fall season this year calls for the brightest of hues in denim. Pair it up with a piece in a contrasting colour to nail your fashion game.



## MESH TOPS

Adding a dynamic twist to the subversive-sexy trend concept, mesh tops are here to make up for a significant street style craze. Look out for the ones with ruffled detailing and chic cutouts.

## THREE-PIECE SUITS

If there's one thing that's pretty evident as we navigate adapting to the new normal - loungewear is here to stay. Relaxed fits accompanied by comfy knits are all that you need to get your fall wardrobe to do the talking. In this regard, three-piece suits in delectable hues make up for a major fall street style trend. Add some minimal jewellery and your favourite pair of sneakers for just the right #ootd.



## TENNIS SKIRTS

While pleated skirts or tennis skirts might seem a bit too childish, they have revamped themselves to a lot more this fall. With a graphic tee and a pair of sneakers, it makes up for just the right sporty.

## LEOPARD PRINT COATS

Moving aside solid-coloured coats and make way for these dapper leopard-printed ones. A smart leopard print can add polish to even the most casual sneakers making up for a significant street style trend.

