



THE TIMES OF INDIA

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TODAY'S EDITION

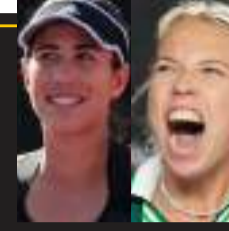
➤ With diabetes on the rise among kids in India, experts share tips on how to keep children at bay from this disease
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➤ Watch 'Before I fall' movie based on the novel of the same name by Lauren Oliver to understand struggles of tween life
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STUDENT EDITION
THURSDAY, NOVEMBER 18, 2021

VIEWPOINT

HEALTH MINISTER SUGGESTS HOUSE STICKERS FOR THE FULLY VACCINATED



The Union health ministry has suggested stickers should be given in houses to notify completion of both the doses of Covid-19 vaccines in order to encourage uptake of the vaccine among the population. Union health minister Mansukh Mandaviya made a suggestion during 'Har Ghar Dastak' Covid-19 vaccination campaign. He said that Jan-Bhagidari (people's participation) is essential for such a mammoth exercise like India's vaccination programme. Giving the example of developed countries whose health system and healthcare delivery have been exhausted with multiple waves of Covid-19, the minister stressed the completion of the Covid-19 vaccination drive with 100% administration of both the doses as an immediate necessity to end the pandemic in India.

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The government recently launched a month-long "Har Ghar Dastak" campaign for house-to-house COVID-19 vaccination of those who are yet to take a dose and those whose second dose is overdue. Around 12 crore people are due for their second dose, according to the government's recent estimates.

TOP 3 BUZZ OF THE DAY

POLLUTION

Delhi: AQI third-worst in country



Air quality in the city slipped into the "severe" category again on Tuesday after hovering in the "very poor" range for the past two days. Experts see no relief any time soon. With an AQI of 403, the capital stood as the third-most polluted city in the country, next only to Jind (AQI 428) and Manesar (AQI 410), data from the Central Pollution Control Board showed. PM2.5 levels remained over three times the safe limit. Experts said the city was in dire need of emergency steps to curb further accumulation of pollutants.

On Tuesday, the meteorological conditions allowed further accumulation of pollutants with low mixing height keeping them below the surface, calm winds failing to ventilate the area and low temperature making air heavy and holding the pollutants tighter. Anumita Roy Chowdhury, executive director, research and advocacy, Centre for Science and Environment, said, "What the city actually needs is a long-term action plan to curb pollution throughout the year, but it also needs to stop further accumulation of pollutants through emergency action plans because the ventilation is low."

TRAVEL

Meal, newspaper services to resume on domestic and international flights

The government has allowed airlines to resume food service on all flights across the country, as Covid cases reduce and with record vaccination numbers. Earlier restrictions barred airlines from offering any food service on flights up to 2 hours flight time. The order added airlines, both international and domestic, can provide magazines /reading material to passengers on board.



Meanwhile, IndiGo, one of Asia's biggest budget carriers, is mulling charging passengers for checked-in luggage as the airline prepares for a potentially fierce price war in the cut throat air travel market, which is showing signs of recovery following the worst of Covid.

POTTERMANIA

Relive the Magic: Harry Potter and the cast set to 'Return to Hogwarts'



Daniel Radcliffe, Emma Watson and Rupert Grint are set to reunite, as they will join American filmmaker Chris Columbus and other cast members from all eight 'Harry Potter' films for the 20th anniversary special. Titled 'Harry Potter 20th Anniversary: Return to Hogwarts', the retrospective special by HBO Max, will celebrate the 20th anniversary of 'Harry Potter and the Sorcerer's Stone', as it will feature the making of an incredible story, interviews and cast conversations.

HBO Max announced the event recently through a 52-second trailer, which featured exhilarating moments of the adventures of Harry Potter, his friends and the villains as they announced the reunion

'In-person school is key to child's development'

Former chairperson of the Goa State Commission for the protection of child rights, and pediatrician, Dr Sushma Kirtani said, it was time children return to schools in the interest of their future. Here's why...

Psychological and mental well-being

1 Psycho-social development only happens when a child goes to school and interacts with other children and gets the required attention from teachers. Children need their difficulties cleared by teachers

Personality development

2 Covid has impacted children's language and communication development and socialisation. Children can catch up on their studies, but socialisation is difficult to catch up. Their interaction has been limited and they've missed out on sharing, caring, how to resolve fights, problem solving and conflict resolution. Younger children have been more impacted. Five year olds have spent one fourth of their lives during the pandemic without socialisation. Children are missing out on how to express themselves. Pre-schoolers are having speech delays



Better monitoring

3 Parents are working and cannot monitor their children. If kids get back to school, their overall development can be better monitored by teachers, as it used to be the case in pre-Covid days. Parents should shed their fear and allow the teachers to take care of the kids during school hours

Make them disciplined

4 Students are missing out on the discipline of waking up early and studying and eating on time. They wake up late and watch the pre-recorded sessions uploaded by the school at any time, and have trouble learning over the small screen, with some parents finding it difficult to buy data packs for them

(WITH VIEWS EXPRESSED BY DR IRA ALMEIDA, DIRECTOR OF HEALTH SERVICES, GOA)

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Twitter redesigns warning labels to help users identify fake news, misinformation easily

Twitter users will soon see new warning labels on false and misleading tweets, redesigned to make them more effective and less confusing. The labels, which the company has been testing since July, are an update from those Twitter used for election misinformation before and after the 2020 US presidential contest. Those labels drew criticism for not doing enough to keep people from spreading obvious falsehoods.

- The redesign launching worldwide on Tuesday is an attempt to make them more useful and easier to notice, among other things
- Experts say such labels, used by Facebook as well, can be helpful to users. But they can also allow social media platforms to sidestep the more difficult work of content moderation, that is, deciding whether or not to remove posts, photos and videos that spread conspiracies and falsehoods

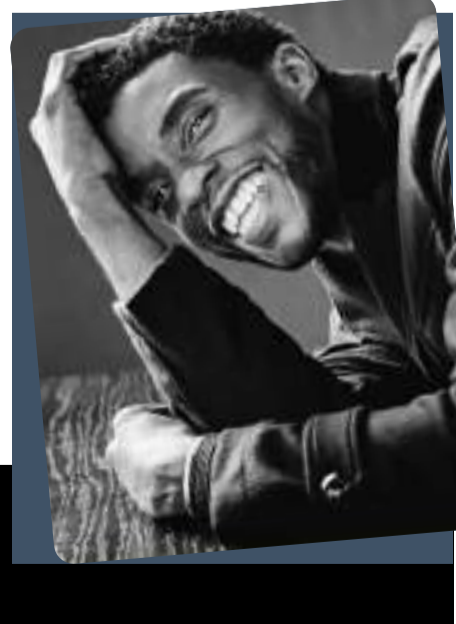


- Twitter only labels three types of misinformation: 'manipulated media,' such as videos and audio that have been deceptively altered in ways that could cause real-world harm; election and voting-related misinformation and false or misleading tweets related to Covid-19
- The new designs added orange and red to the labels so they stand out more than the old version, which was blue and blended with Twitter's colour scheme

Chadwick Boseman's 'Black Panther' character won't be recast by Marvel

Late Hollywood star Chadwick Boseman's King T'Challa/Black Panther will never be recast by Marvel following his tragic death, the studio's VP of Development Nate Moore has confirmed. Moore revealed that he had discussed potential casting decisions with Ryan Coogler, who is returning to direct 'Black Panther: Wakanda Forever', but

the pair ultimately decided that they "couldn't do it" without Boseman. He shared: "We have to figure out how to move this franchise on without that character. Because I think we all feel so much of T'Challa in the MCU on the screen... is tied to Chadwick's performance. "The challenge for 'Black Panther: Wakanda Forever' is telling a story without T'Challa."



Chadwick passed away at the age of 43 in August 2020 after a cancer battle and Coogler previously confirmed that he would have wanted his 'Black Panther' co-stars to press ahead with the story following his tragic death

KARTARPUR SAHIB CORRIDOR REOPENS



The Corridor to the Sikh Pilgrimage Kartarpur Sahib reopened from Wednesday, paving way for thousands of devotees, largely Sikhs, to visit the final resting place of Guru Nanak in Pakistan. The corridor was shut in the wake of Covid-19 pandemic.

The corridor links Gurdwara Darbar Sahib in Pakistan to Dera Baba Nanak shrine in Punjab's Gurdaspur district. India signed the Kartarpur corridor agreement with Pakistan on October 24, 2019. Under the pact, Indian pilgrims of all faiths are allowed to undertake round-the-year visa-free travel through the Kartarpur corridor to Gurudwara Kartarpur Sahib, one of the most revered shrines of Sikhs in Pakistan

- The first Gurdwara, Gurdwara Kartarpur Sahib, was established in 1522, by the first Sikh Guru, Guru Nanak Dev
- In 1999, the Kartarpur Sahib corridor was proposed by the then prime minister Atal Bihari Vajpayee when he took a bus ride to Lahore in February during a peace initiative with Pakistan

'THERE IS NO ONE WAY TO RAISE A CHILD'



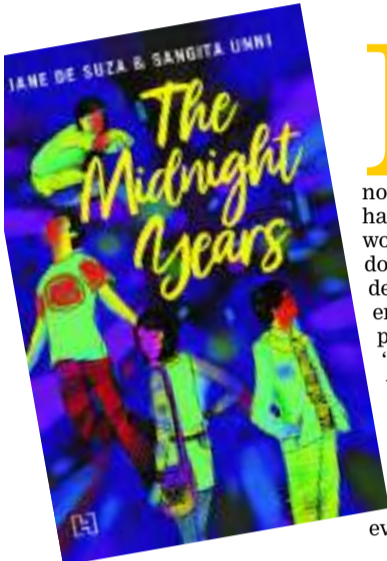
SANGITA UNNI is the co-author of 'The Midnight Years', published by Hachette India. The Bengaluru-based psychologist and practicing counsellor is also the director of Lyftly India and has launched the Lyftly Minds app

'They have all the freedom - they decide.'

'We are friends - my child and I.'

'We know what's best for them.'

Sounds familiar? So what's the right way or the wrong way to parenting? Is there a 'one way'?



Most of us know that any neglectful, aggressive parenting style is not one we want to lean to. Perhaps the correct starting point would be to ask yourself: 'What do I need to see to believe and decide I did a good job as a parent?' The immediate goal most parents share, would be to just 'get our children to listen to us'. The larger goal agreed on is to develop healthy, happy and successful children. As individuals we adopt different parenting styles and given the fact that each child, even if born in the same home,



is not going to behave exactly the same - there are many different permutations of ways you can

raise children. Having said that, research indicates that consistency is the key to good and effective parenting.

The basic principles recommended by scientific studies con-

ducted, to meet both your long term and short term parenting goals.

► An authoritative (not authoritarian) parenting style, which while being warm, is based on reason, drawing boundaries, negotiating while not being dismissive of the other's feelings - will help them build skills of self-management, accountability and ownership.

► Acknowledging strengths and giving them constructive feedback when met with a challenge is required to help build self-esteem.

► Being a tough parent and allowing them to experience delayed gratification, disappointment, sadness will help

build resilience.

► Having a caring, empathetic and mutually respectful relationship with your child sets the foundation of their future relationships.

Lead by example, please...

As individuals we adopt different parenting styles and given the fact that each child, even if born in the same home, is not going to behave exactly the same - there are different permutations of ways you can raise kids

None of us went to parenting schools. We only have our intent to fall back on while we parent our child and we do it as best as we know it at that point of time. And that loving intent is what you need to be attuned to, by putting yourself in your child's shoes and using your wisdom as a parent. That perhaps is the one sure way of raising happy children.

HEALTHY STEPS TO KEEP YOUR CHILDREN SAFE FROM THE RISK OF DIABETES

Simple lifestyle changes can prevent the onset of type 2 diabetes. Prevention is even more important if you are at an increased risk due to obesity, high cholesterol or a family history of diabetes.

This disease is not just common in adults but kids too. For kids, parents can do many things to prevent the condition. You can make it a family affair by inculcating healthy habits. This is because children learn quickly from what they see you doing. Here are some simple steps you can take for the health of children:



Photo: ISTOCKPHOTO.COM



STAY ACTIVE

Kids are glued to the screen most of the time, especially due to Covid. Encourage them to move their body and manage their own chores.



GO FOR A WALK

Go for a walk, play ball and other outdoor games they enjoy. Children need at least 60 minutes of physical activity every day.

MANAGE WEIGHT
If your kids are overweight, losing weight can help him reduce the risk of diabetes. Talk to them and make them understand why losing weight is important for staying healthy and fit.



LIMIT SCREEN TIME

Too much screen time can lead to eye problems, sleep issues, fatigue, lethargy and even anxiety and bad mood issues.



CUT BACK ON SUGAR

Kids love sugary foods. But you have to keep an eye on it and limit their sugar intake. Do not offer them candies, packaged juice and other processed foods as treats all the time.



OFFER THEM HEALTHY SNACKS

Focus on giving kids fresh seasonal fruits and whole grains from an early age. Make sure to introduce one food at a time, so that they can develop a taste for it.

EAT DINNER ON TIME

Eating dinner, in fact, all the meals at the correct time is a great way to keep blood sugar levels in control. Keep the television off and avoid any other kind of distraction while eating.



Micro review

'THE STORY OF THE FIRST CIVILIZATION'

by Subhadra Sen Gupta

Bal Sahitya Akademi Puraskar winner Subhadra Sen Gupta wrote over 40 children's books before her untimely demise earlier this year due to Covid. Her last book titled 'The Story of First Civilizations' was published posthumously on October 27, 2021, by Talking Cub. 'The Story of First Civilizations' is a historical non-fiction for young readers aged 10 and above. The book traces our origins across the world; starting from the most basic lessons in our genesis and development. It evolves further to include the complex gradual procedures that we underwent in order to become the social animals that we are today.

'The Story of First Civilizations' is divided into nine chapters, the very first out of which talks about the evolution of man. Starting from an ape, evolution helped human beings to turn into the most developed species in nature that could then build an entire civilisation. The following eight chapters cover one civilisation each, describing the



beginning and development of each, along with a few amazing facts that will startle the readers. Covering China, Greece, Rome, the Americas, Africa, Mesopotamia, Egypt and the Indus Valley - the book is comprehensive and covers all the major sites that were home to the principal pioneer civilisations of the world. With accompanying illustrations, the book offers insights about the various civilisations. The Indus Valley civil-

isation has been the cleanest and most organised of all, whereas Africa was the store house of gold. The Egyptians believed in life after death and buried their dead with all the luxury that would more than suffice for a living being. Meanwhile, mathematicians and philosophers are gifts of the Greek civilisation to the world and examinations were that of China's.

Revealing more such mind-boggling facts, the book is a perfect read for curious little minds because it educates as well as nurtures the inquisitiveness of the ones growing up. There is also enough humour in the writing, making it a fun read too.

This book is the late author's last contribution to the world of children's literature. It is good read for inquisitive kids

Ready to head back to theatres? How to stay safe while watching movies

With the easing of restrictions and slow return to pre-pandemic life (in some ways), movie halls and theatres have now opened up

across cities, and eager movie watchers are bouncing back to the cinemas. While Covid-19 has altered the way we look at things or weigh the risks of any public outing, cinema watching is also something which is enjoyable, no doubt. With movies now releasing, it might be the first time avid cinema buffs would step out to a theatre in almost two years.

At the same time, the thought of a packed hall, crowds gathering or being confined to a closed space for more than 1.5 hours can induce some Covid anxiety in people. So, how do you make your movie watching experience free from health risks? Do you avoid movie time snacks, look for a seat that's the farthest or opt for non-peak viewing hours to escape the crowds? Here's a guide to safer and Covid appropriate movie screenings:

How safe is it to venture into a movie hall right now?

While Covid cases have certainly ebbed, and many vaccinated, there's a lower than ever risk of transmission and virus spread. The only way theatres can become safer is by practices of frequent disinfection, proper diligence of protocols and awareness. Avoid peak time movie shows and choose halls in areas where transmission rate of Covid is low - you can get this information from govt websites that track the number of cases in an area. And don't go when you are not too well as that's the time when immunity is low.

